SHRED GYM LLC / COACH DIBBS

Homeschool PE participation waiver

January–May 2027 | Complete one form per athlete before the first class.

Program director completes before distribution: host organization’s legal name

Athlete’s full name

Age

Parent or legal guardian (athletes age 18 sign for themselves)

Primary phone

Emergency contact and relationship to athlete

Emergency contact phone

Permission to participate

I am the athlete named above and am at least 18, or I am the minor athlete’s parent or legal guardian. I give permission for the athlete to participate in homeschool PE with Yusef “Coach Dibbs” Dibbles, SHRED Gym LLC, and the host organization named above.

Activities and risks

Classes may include running, jumping, stretching, bodyweight and resistance exercises, and partner or group games. Falls, collisions, exertion, and contact with equipment can cause strains, sprains, fractures, or more serious injury. I understand and accept the inherent risks of participation. The athlete may ask for a modification or stop and tell the coach about pain or an unsafe condition.

Limited waiver of the adult signer’s own claims

To the extent Kansas law allows, I release SHRED Gym LLC, Yusef Dibbles, the named host organization, and their program staff from claims that belong to me personally for injuries arising from the inherent risks described above. This waiver excludes negligence, reckless or intentional conduct, and claims belonging to a minor athlete.

Emergency response

I authorize program staff to provide first aid within their training, call 911, contact the emergency contact, and share relevant information with responders. I will tell the coach privately about any activity restrictions or emergency action plan before participation.

I have read this form and agree to its terms. Type your full name to sign, or print and sign by hand.

Signature of parent, legal guardian, or 18-year-old athlete

Date signed