



SquawFree Aerials Release

Prerequisites:

- All athletes must have a signed team liability release to undergo inverted aerial training. Minors must have their legal guardian's written consent.
- All aerial training shall be conducted on prepared sites, under appropriate conditions, and while supervised by SquawFree staff.
- All athletes must wear helmets, and mouth guards are strongly recommended.
- Athlete proficiency will be determined between their coach, themselves, and their parents.

Qualifications:

- All athletes must have demonstrated proper and safe technique in upright jumping (ie: the ability to perform double aerial maneuvers [two maneuvers in one jump] and spinning maneuvers) Proficiency will be assessed by their coach. **A demonstrated ability to perform double aerial maneuvers is a prerequisite to perform inverted maneuvers.**
- All athletes will have demonstrated proper and safe techniques on one of the following foundations: trampolines, water ramps, or on-snow (in the presence of their coach.)
- Beginner on-snow inverted aerial training will only be conducted on terrain with prepared landings and spotters, and under conditions monitored by coaches.
- Athletes may only perform inverted maneuvers in a supervised training environment. Athletes may not practice their maneuvers while freeskiing, during SquawFree training, or while lapping the lifts.
- All training will be conducted by SquawFree staff under the guidelines of the United States Ski/Snowboard Association.
- Only USSA-certified (or equivalent) staff will teach inverted aerials. **Conditions:**
- Parents and athletes understand that conditions everywhere on the mountain, including the terrain parks, half-pipes, mogul venues, cliffs, etc. are subject to change with weather, grooming, and usage. These factors can cause inconsistent take-offs and landings, which could result in serious bodily injury or death.
- Inverted aerials may be taught, rehearsed, and performed at competitions only after the athlete has satisfied the SquawFree aerial training progression, and can demonstrate proficiency to the Program Director on trampolines, water ramps, or on-snow.
- Parents and athletes understand that participation with SquawFree requires a team liability release and proof of a USSA Membership.

I understand that by signing this inverted aerials release that, at some point during the season, my child may perform such maneuvers as outlined above. I also understand that there is an inherent risk of injury or death associated with performing such maneuvers.

Name(s) - Printed Athletes

Signature & Date Parent

