



## BUBBLE BALL GUIDELINES

1. Before getting into your Bubble Ball listen to what the staff member has to say.
2. Appropriate attire and footwear is required – (i.e. no sandals/flip flops, dresses/skirts)
3. Workout attire required.
4. Take everything out of pockets, please help us prolong the life of the balls by leaving all sharp objects out of the ball.
5. No loose jewelry please (i.e. necklaces, oversized earrings, etc.)
6. We recommend taking off your glasses.
7. Do not take any more than 3 steps before hitting another Bubble Ball.
8. No hitting anybody in a Bubble Ball unless you are in a Bubble Ball.
9. Do not hit anyone who is not in a Bubble Ball.
10. Absolutely NO hitting from behind or aiming at a player's legs.
11. Play the ball and the game, do not bump players who do not have the ball and try to ensure the other player sees you before you bump him/her.
12. No person is allowed in the area designated for the Bubble Ball use except those in the balls and the person or persons designated as the attendants manning the balls.
13. Avoid running into/bouncing off of the ball.
14. If a soccer ball or any other object lands inside a Bubble Ball, play needs to stop and the ball or object removed.
15. Stop moving immediately when a whistle is blown or play is stopped.

Participant Signature \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

(\*If Participant is under 18 years of age)

Calvary Christian Center  
2620 Colusa Hwy.  
Yuba City, CA 95993  
530.673.6035



## **CONSENT, WAIVER AND RELEASE FROM LIABILITY**

I hereby attest that I do not suffer from any heart, lung, or other medical condition or disease that might in any way hinder or prevent me from participating in a Bubble Ball & Cyco Cycle event, and in any event, I agree that I participate at my own risk. In consideration of my participation in Bubble Ball & Cyco Cycle event, I hereby release, discharge, promise not to sue, and hold harmless Calvary Christian Center and its officers, directors, employees, members, volunteers, subsidiaries, agents, successors, and assigns from any and all liability that may arise, directly or indirectly, now or in the future, by reason of any injury, damage, loss, or expense incurred in connection with my participation in the Bubble Ball & Cyco Cycle event, including that caused solely or in part by the fault (including but not limited to negligence, gross negligence, and/or recklessness) of the above-named parties. This Release and Waiver of Liability shall be binding on my heirs, executors, administrators, successors, and assigns from now and at any time in the future.

Participant(s) Name \_\_\_\_\_

### **Parent/Guardian Waiver for Minors (If participant is under 18)**

The undersigned parent and natural guardian or legal guardian does hereby represent that she/he is in fact acting in such capacity and agrees to defend, save, hold harmless and indemnify each and all parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect or lack of such capacity to so act and release said parties on behalf of both the minor and parent or legal guardian.

Parent(s)/Guardian(s) \_\_\_\_\_

Signature(s) \_\_\_\_\_

Date \_\_\_\_\_

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