

Inverted Aerials Release

Prerequisites:

1. All athletes must have a signed consent and liability release to undertake inverted aerial training. Any minors must have signed parental consent.
2. All inverted training shall be conducted on prepared sites only under appropriate conditions as supervised by staff.
3. All inverted jumpers shall wear helmets. Mouth guards are strongly recommended.
4. Athlete proficiency will be determined by the coach, athlete and parents.

Qualifications:

1. All jumpers shall have demonstrated proper and safe technique in upright jumping, i.e. ability to perform double aerial maneuvers (two maneuvers in one jump) and spinning maneuvers with proficiency as determined by their coach. Furthermore, a demonstrated ability to perform double aerial maneuvers is a prerequisite to perform inverted maneuvers.
2. All inverted jumpers shall have demonstrated proper and safe technique on one of the following apparatus: trampoline, water ramp or on-snow in the presence of their coach.
3. Initial inverted training and learning inverted maneuvers on snow shall only be conducted on terrain with prepared landings and spotters and under conditions controlled by coaches.
4. Athletes may only perform inverted maneuvers in a supervised training environment. Athletes may not practice their maneuvers while freeskiing during Squaw Free training or while lapping around for lifts.

Conditions:

1. All training will be conducted by Squaw Free staff, following USSA guidelines.
2. Only USSA-educated (or equivalent) staff will teach inverted aerials.
3. Athletes may only perform inverted maneuvers in a supervised training environment. Athletes may not practice for the maneuvers while freeskiing, during Squaw Free training or while lapping around for lifts.
4. Parents and athletes understand conditions in Terrain Parks, 1/2 Pipes, Mogul Venues and All Terrain Cliffs change with weather, grooming and usage, which may cause inconsistent take offs and landings, resulting in serious body injury or death.
5. Parents and athletes understand that by enrolling in a Squaw Free Freestyle Freeride Program that inverted aerials may be taught, trained and performed in competition only after the athletes satisfies the Squaw Free training progression and have demonstrated proficiency to the Program Director on a trampoline, water ramp, gymnastics or prior on-snow performance.
6. Parents and athletes understand enrollment in all Squaw Free programs requires a liability release signed by the athlete and their parent or legal guardian in the event the athletes is less than 18 years of age. Proof of USSA Membership is also required.

I understand in the course of the season my child may be performing inverted aerial maneuvers. I understand and accept the risk of serious injury or death associated with this training.

Athletes Name(s) - printed

Parent Signature

Date