



ADULT RELEASE AND INDEMNITY – PLEASE READ CAREFULLY

RE: Use of Premises and Equipment of Squamish Gymnastics and the District of Squamish

TO: Squamish Gymnastics and the District of Squamish and its directors, officers, employees, representatives, officials, landlord and agents (collectively referred to in this document as the "Agents")

I have read the guidelines and rules issued for the use of Squamish Gymnastics premises and equipment, which I understand, and I agree to be bound by them. In consideration of your acceptance of my being permitted to use the premises and equipment and/or any activity associated therewith, I agree to RELEASE, SAVE HARMLESS AND INDEMNIFY Squamish Gymnastics and/or its agents from and against all claims, actions, costs and expenses and demands in respect to death, injury, loss or damage to my person or property wheresoever and howsoever caused, arising out of, or in connection with my use of the premises and equipment notwithstanding that the same may have been contributed to or occasioned by any act or failure to act, including, without limitation, negligence, of Squamish Gymnastics and or anyone or more of its agents. I further agree and acknowledge that:

1. The rules and guidelines governing the use of the premises and equipment are solely for that purpose and it remains my sole responsibility to act and govern myself in such a manner as to be responsible for my own safety;
2. I am aware of the risks inherent in participating in gymnastics activities and the use of gymnastics premises, facilities and equipment and I assume the risks and waive notice of all conditions, dangers or otherwise relating to or arising out of such use.

I further agree to HOLD HARMLESS AND INDEMNIFY Squamish Gymnastics and its agents from any and all actions, claims, demands, losses, judgements or costs of any nature to any third party resulting from my use of the premises and equipment herein and I agree not to make any claims or take any proceedings against any other person, society, corporation or other legal entity who might claim contribution or indemnity from Squamish Gymnastics and/or its agents in respect of matters which are the subject of this Release.

I agree that this Release shall bind my heirs, executors, administrators and assigns. I confirm that I am the full age of eighteen years and I have read this Release and understand it.

General Gym Rules

- Do gymnastics safely
- Ask your coach’s permission before getting on equipment
- Ask your coach’s permission before attempting new skills
- Be cautious and aware of your surroundings when moving in gym
- If you leave the class, tell your coach

Date: _____ Participant Name: _____

Participant Signature: _____

Witness Signature: _____

ALL FORMS MUST BE RETURNED TO SQUAMISH GYMNASTICS PRIOR TO THE START OF YOUR FIRST CLASS. PLEASE BRING OR SEND WITH YOUR CHILD TO THEIR FIRST CLASS, DROP IN THE LOCK BOX OUTSIDE THE GYM OR EMAIL TO: squamishgymnastics@hotmail.com

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Squamish Gymnastics & Freestyle Arts

Gym Policies and Expectations – PLEASE READ CAREFULLY

- Participants in all programs must have a valid Gymnastics BC Membership and complete required waivers/companion waivers prior to participating
- Companion waivers are required for each caregiver attending Parent and Tot, Preschool Transition or Parent and Child Open Gym Programs
- Please wait outside the gym for your class to start
- Active parent participation is expected for Parent & Tot, Preschool Transition, P&C Open Gym classes
- Parents of participants (4yrs+) are welcome to watch classes from outside the glass doors
- Gymnasts are not permitted on equipment between classes or without permission from the instructor
- Gymnasts should have bare feet and wear clothing that they can move freely in, but is not too baggy
- Caregivers may wear socks or clean indoor shoes.
- Long hair must be tied back and jewelry that can be easily caught on equipment removed
- Please go to the bathroom before you come to class
- Hydration is very important, bring a water bottle to class
- Help minimize allergic reactions and the transmission of colds and flu. Wash hands before and after class.
- Please arrive on time to pick up your child. Remind them to wait in the gym until they can see you in the gym lobby.
- Please notify the instructors if your child has any allergies, health concerns, physical limitations or social issues that may affect their well-being or that of other gymnasts
- No unregistered siblings or visitors permitted on the equipment or gym floor at any time, siblings may sit in the waiting area or gym lobby, babies in carriers permitted

Additional Expectations for Open Gym

- Participants are expected to use equipment in a safe and responsible manner and show respect for others
- Caregivers are responsible for supervising the child in their care
- Children 5yrs and under should be kept within arms reach at all times
- Direct spotting is required on the big equipment: Trampoline, Vault, Bars & High Beams as well as anything that is above waist height for the child
- Older children (6yrs+) should be made aware of sharing the space safely with smaller children and be in sight of caregiver at all times
- For the safety of everyone, NO FLIPS are allowed during open gym
- Trampoline: Children must be able to bounce in control in the middle of the bed OR parents are required to be on the tramp with them
- Bars: Participants must have hands on the bars at all times
- Landings: Children should be encouraged to land safely and on their feet using a “motorcycle landing” when jumping off equipment and make sure the landing area is clear
- One at a time on the equipment
- Encourage kids to watch where they are going and to take turns
- Running on the mat area only. No running on the hard floor
- Be aware and check equipment for hazards as things move during use
- No food in the gym area. Please have children eat snacks in the gym lobby
- Enrich your child’s physical literacy by encouraging the use of fundamental movement patterns: Object Manipulation, Locomotion, Landing, Spring, Swing, Rotation and Balance