

# Bay Island Gymnastics Open Gym Waiver and Rules

Name: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent's Name (Minors Only): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Have you ever been to BIG before? \_\_\_\_\_ When? \_\_\_\_\_

## PERMISSION TO PARTICIPATE

I (please print) \_\_\_\_\_, as parent/guardian, grant permission and consent for my child, \_\_\_\_\_, and myself, to participate in activities at Bay Island Gymnastics. I understand, am fully aware of, and recognize the inherent risks, including the possibility of catastrophic injury, as well as other damages and losses associated with participation in the sport of gymnastics. I assume these risks on behalf of my child and myself. I further agree that Bay Island Gymnastics, along with the employees, officers, and directors of this organization, shall not be liable for any losses or damages occurring as a result of participation in its gymnastics program. I hereby give permission for any and all medical attention to be administered to my child in the event of accident, injury, sickness, etc. until such time as I may be contacted. I also assume the responsibility for the payment of any such treatment.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Open Gym Rules:

**General Information:** Open Gym is a time when the gym is supervised by BIG staff and open for individual workout for athletes in good physical condition for gymnastics activity. Participants must understand and be willing to abide by the rules told to and/or listed below. All individuals under 18 years are required to have a parent sign the attached registration and waiver form.

### Basic Rules

- ◆ Open Gym is to be used as learning and practice time. Running around, roughhousing or interfering in any way with fellow athletes will not be tolerated.
- ◆ Dress appropriately: athletic clothing, socks or barefoot, no excessively baggy clothes, no jewelry, no belts or drawstring clothing, long hair tied up.
- ◆ No chewing gum. No smoking in or around the Bay Island facility.
- ◆ Athletes must sign in and pay at the front office each time they attend Bay Island Gymnastics' Open Gym.
- ◆ No Swearing, No Vandalism of gym equipment, No Fighting, Hitting, or Horseplay of any kind.
- ◆ Open cuts or abrasions must be covered with a band-aid and athletic tape. Staff must be notified of such injuries prior to entering the gym.
- ◆ Athletes must stretch appropriately before workout to prevent injuries.
- ◆ Only 1 person allowed on an apparatus at a time.
- ◆ Pay attention to what is happening around you. Other gymnasts may be tumbling or dismounting around you.
- ◆ Bay Island staff may restrict or limit skills for any reason.
- ◆ If any of these rules are not followed, you will be asked to leave without refund.
- ◆ Bay Island staff has the right to deny any person from attending Open Gyms.

Bay Island Gymnastics reserves the right to ask any participant or friend(s) of participants of Open Gyms to leave at any time for any reason.