

OPEN GYM REGISTRATION FORM

Parent's Name _____

Home Phone Number _____ Cell or Pager _____

Other _____

Emergency Name _____ Emergency Phone Number _____

Child's Name _____ DOB _____ Age _____

Previous Injuries or Disabilities _____

OPEN GYM RELEASE

Medical Release

I hereby grant the Dana's Gymnastics and Dance, Inc. staff the right to render judgment concerning medical assistance in the event of an accident or illness during my absence.

Parent or Legal Guardian Signature

Release

I/We the undersigned parents or legal guardian of a Dana's Gymnastics and Dance, Inc. student, for and in consideration of the enrollment of my child or a student for which I have been granted legal custody, hereby voluntarily and knowingly execute this release with the express intention of releasing Dana's Gymnastics and Dance, Inc., it's owners, employees and agents from liability for all injury or physical harm which may arise from or be sustained as result of the participation of my child and/or legal ward in various programs or instruction, practice, and physical activity associated with the study of dance, gymnastics and related activities conducted by Dana's Gymnastics and Dance, Inc. regardless of fault or negligence. I/We hereby agree to indemnify and hold harmless Dana's Gymnastics and Dance, Inc., it's owners, employees or agents for any injury or physical harm which may arise from or be sustained as a result of it's participators, regardless of fault or negligence.

Executed this _____ Day of _____ 20 _____

Parent or Legal Guardian Signature

I have read and understand the Open Gym Rules and Regulations.

Parent or Legal Guardian Signature

FRIDAY NIGHT "OPEN GYM" RULES

General Rules

- No arguing or fighting of any kind.
- No FOOD, DRINK, GUM, ETC. is allowed in gym. When you leave the gym to eat or drink something or for a "time out," stay away from the other side where parents are watching the Team Gym.
- All equipment in hallway by water fountain, and all toys and things by and on the desk must be left alone.
- No roughhousing with gymnastic equipment (that includes bending, beating on, or fighting with mats).
- No climbing or walking on award stands (gold, silver, and bronze boxes with rounded tops) in the back of gym.
- No hats, sunglasses, jewelry, etc. can be brought into the gym. Stud earrings (don't hang below the ear) are the only jewelry that can be worn.
- No throwing anything. We have glass windows and lights.
- No building pyramids or doing cheerleading partner stunts.
- Any disobeyed rule can result in a "Time Out."

Floor Rules

- No wrestling or tackling of others.
- All tumbling should be done on the first section of the floor X mat up to the first gray line. No tumbling should occur past the first gray line except for standing tumbling on red wedge mat.
- While playing on the floor (or anywhere in the gym) you cannot run so fast that you cannot stop to avoid running over someone if they should get in your path.
- You cannot run and jump up on the blue box under the glass window.
- If while playing a game that has a base you need to run to, that base cannot be near the glass window.

Bar Rules

- No climbing on top of High Bar.
- No running under bars or between cables.
- No pushing or jerking of other's off the bars.

Beam Rules

- No running between or jumping over large beams.
- No jumping from one beam to another.
- DO not attempt any skill on large beam that you cannot do well on small beam.
- No pushing or jerking of other's off the beams.

Pit Rules

- All foam or balls in either pit must remain in that pit unless granted permission by person in charge of Open Gym. If while climbing out of a pit some foam or balls come with you, put it back. Otherwise balls or foam should never be in your hands.
- Land on Feet, seat or back (not close to head) when jumping into or dropping into pit. Do not land on head or stomach.

Vaulting Rules

- Do not pull vaulting board back away from Resi Pit Mat. Leave it close to mat.
- Start your run to vaulting board at the white mat under the brown vaulting runway. Do not back up on gray carpet because people rounding the corner will not be able to see you.

Rope Rules

- No walking or running through the rope area, including area where rope swings.
- You must walk around the pit and anything else being used to get to the rope. You cannot cross the double red lines between the house and the pit.
- The only person allowed in rope area is the person returning the rope to the next person in line to swing. Anyone tall enough can return the rope, so take turns.
- Only 1 person at a time on rope.
- Stay on the rope until it stops, then let go and drop into pit before starts swinging back. If you let go of the rope while you are still moving forward, your body will continue to go forward and you could bump the hard edge of the pit at the end.
- You cannot swing more than 3 times before dropping.

Trampoline Rules

- Only 1 person on the trampoline at a time. (If 2 people are caught on trampoline both will get "Time Out.")
- No one should try to flip on trampoline unless permission is granted from person in charge of Open Gym.
- No jumping from one small trampoline to another. Small trampolines are only for small children, weighing less than 60 lbs.
- No lying or sitting on trampoline.
- Limit turns on trampoline to 1 minute if others are waiting for a turn.
- No jumping from the large trampoline to pit or white box at the end of tumble-track or vice-versa.
- No standing around large trampoline (trampoline with red carpet around it). The line for the large trampoline is sitting on the balance beam by the wall moving toward the tumble track or clock. Whomever is on the end of that beam by the tumble track is next to jump.

SORRY, NO REFUNDS WILL BE GIVEN.