

PLANET GYMNASTICS TWO AND THREE YEAR OLD BIRTHDAY PARTY PARTICIPANT

Child's Name: _____ F: _____ M: _____

Address: _____ City: _____ Zip: _____

Birth Date: _____ Age: _____ Grade: _____ School: _____

Telephone #: () _____ E-mail Address: _____

Emergency #: () _____ Name of Emergency Contact: _____

Parent 1: _____ Cell #: _____ Work #: _____

Parent 2: _____ Cell #: _____ Work #: _____

Are there any medical conditions to which we should be alerted? _____

Releases, Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Name of child participant for whom I am parent or legal guardian _____

(And for parents) Name of Adult participant _____

I recognize that gymnastics is a sport that involves height and rotation of the body; therefore there are inherent risks involved. I, despite all reasonable precautions implemented for safety am fully aware of and appreciate the risks including the risk of catastrophic injury, permanent disability, paralysis, and even death as well as other damages and losses associated with participation in the program. The risks assumed may be caused by me and/or my child's own actions, inactions, or those of others participating in the event, the conditions in which the event takes place, or the negligence of the "RELEASEES" named below. I knowingly and willingly assume all risks. Consequently, I (we) hereby for myself, heirs, executors and administrators, do waive and release any and all rights and claims for damages against the owner, operators, coaches and other members of Planet Gymnastics from personal injury or accident of any sort or nature suffered by me (us), the undersigned, by reason of participation or membership in classes, lessons or any programs or activities of Planet Gymnastics. I hereby release, discharge, and covenant not to sue Planet Gymnastics, its representative administrators, directors, agents, officers, volunteers, employees, other participants, and if applicable, owners and lessors of premises on which the activity takes place (each considered one of the "RELEASEES" herein). I testify the child (or we) is qualified, in good health, and in proper physical condition to participate. And, as an adult participant, I acknowledge that by participating in gym activities and/or moving around in the gym, with its equipment and possible uneven surfaces, there is risk of injury. I acknowledge that I accept the risk, release Planet Gymnastics and its agents or employees from liability for such injury and waive the option to sue. I release Planet Gymnastics Corporation, staff, facility owner, or related parties from the responsibility or liability for insurance deductibles, medical expenses, and or damages incurred by my child, myself, or other family members while participating or using the facility and parking area. I understand that health insurance is a requirement. I certify that I have health, accident, and liability insurance to cover bodily injury or property damage I may cause or suffer while participating in the sport of gymnastics or any other related activity in or related to Planet Gymnastics or else I agree to indemnify and reimburse Planet Gymnastics for such fees and costs as incurred. I authorize Planet Gymnastics to seek medical treatment at the nearest medical facility in case of emergency. I authorize use of my own and my child's visual image in photos and video for use of newsletters, posters and advertising.

Participation in a 2-3 year old birthday party is a wonderful opportunity for parents and their children to spend time, bond and play together. This kind of developmentally appropriate activity helps each child grow physically, emotionally and socially. The following guidelines are important to follow when participating in our 2-3 year old birthday parties.

CHILD'S ROLE- Play, learn and have fun together with their parents.

PARENT'S ROLE & SAFETY RULES

- Be responsible for your child's safety and must stay within arms length of your child at all times.
- Save visiting time with other parents for after the party
- Place infant siblings in a backpack or child seat. You'll need your hands and arms free
- Learn and use safe spotting techniques
- Allow for movement exploration and child directed participation
- Encourage your child to remain in the group for circle time
- Be patient, have reasonable expectations and reflect positive feelings about any accomplishments. This will enhance your child's self-esteem
- Do not compare your child to another child. Each child is an individual and will develop and react differently to various situations.
- You cannot talk on the phone and keep your child safe in the gym. Use your cell phone in the lobby only.
- Please dress your child in leotards, T-shirts, shorts or sweatpants and take off all jewelry
- No gum, food or drink is allowed in the gym
- Please exit the gym right after the party. You will not be allowed back in the gym during refreshment time.
- "Scrambling brain syndrome"; do not take and throw a child under 3
- A child should not jump down from distances any higher than the height of their waist
- Only one child at a time is allowed on the trampoline and use the tumble trak as a "one way street" right to left.
- Don't help your child out of the pit by pulling on their hands, hold them under their arms instead
- Have your child jump, swing and slide into the pit feet first only and always be visible
- Parents are not allowed on any equipment for safety and insurance reasons
- Before 18 months, children have weak ligaments in their shoulders. Any unsupported hanging activity could lead to injury
- 2 to 3 year olds can hang from the bars, rope or rings unsupported for only 5 seconds; then please assist them by holding on to their waist

I have sufficiently read and understand all the above and agree to abide by the policies listed.

SIGNATURE of parent or legal guardian _____ Date _____