

NANAIMO GYMNASTICS SCHOOL REGISTRATION FORM

1975 BOLLINGER ROAD, NANAIMO, BC V9S 5W9, Phone # (250)740-0330:

WEBSITE: www.nanaimogymnastics.ca

E-mail: nanaimogymnasticsadmin@shawbiz.ca

ATHLETE INFORMATION

Last Name: _____ First Name: _____ Middle Initial: - _____
Birth Date(vvyy-mm-dd) _____ Age: / _____ Sex (M/F) _____ Last Badge Level Achieved _____
Address: _____ Apt #: _____
City: _____ Province: _____ Postal Code: _____
Home Phone: _____ Cell Phone: _____
BC Medical # _____ Medical Conditions/allergies _____
Doctor's Name _____ Doctor's Phone # _____

PARENT/GUARDIAN INFORMATION

Contact 1: e-mail address _____
Last Name: _____ First Name: _____
Home #: _____ Work #: _____ Cell #: _____
Relationship: _____
Contact 2: e-mail address _____
Last Name: _____ First Name: _____
Home #: _____ Work #: _____ Cell #: _____
Relationship: _____

EMERGENCY CONTACT INFORMATION

Last name: _____ First Name: _____
Home # _____ Cell # _____

**ASSUMPTION AND ACKNOWLEDGMENT OF RISKS
FOR MINORS**

PLEASE READ CAREFULLY

RE: Use of Premises and Equipment of "Nanaimo Gymnastics School"

TO: "Nanaimo Gymnastics School" operating as "NGS" (referred to in this document as "NGS" 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 "NGS 's" premises and equipment, which I understand, and I agree to be bound by them. I further agree to acknowledge that:

1. The rules and guidelines governing the use of the premises and equipment are solely for that purpose, that is, for the use of gymnastics activities, 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,

General Gym Rules

SAFETY FIRST AT GYM

- Think "SAFETY FIRST" in gymnastics
- Coaching supervision is always required in the gym
- Coach's permission is required to:
 - Enter gym
 - Go on equipment
 - Try new skills
 - Perform aerial inversions or flips
 - Leave the gym
- Understand the risk of the activity
- Be prepared to participate:
 - Be healthy and not tired
 - Wear proper clothing and footwear
 - Have long hair tied back
 - Always warm up
- Stop unsafe and careless acts which could cause injury by:
 - Listening
 - Following instructions
 - Controlling your actions
- Participate cooperatively within the limits set by the coach
- Double check equipment
- Master basic skills before attempting more advanced skills
- Keep your body under control
- Follow equipment and safety procedures
- Be alert and safety conscious
 - Watch where you are going
 - Walk don't run
 - Watch for obstacles or uneven surfaces
- Respect others' performances – no distractions
- Parents and spectators must stay in their designated area

I HAVE READ THE MINOR RELEASE STATEMENT ABOVE AND AGREE WITH THE TERMS

Date _____ Participant Name _____

Signature of
Parent / Guardian:

Witness Signature:
