

# Salto Gymnastics Center, Inc.

## Open Gym Participation Agreement, Release and Acknowledgement of Risk

### General Rules

1. **SPACE IS LIMITED** – parents should wait to ensure their child has gotten in to the open gym before leaving
2. 10 min. warm up
3. Cell phone use is **NOT** allowed in the gym.
4. **NO** running in the gym (except for when tumbling)
5. Land in the foam pit **ONLY** on your feet or seat
6. Make sure foam pit is clear of people & objects before entering
7. **NO** flipping off the net or rope
8. Spotting is to be done by coaches **ONLY** (No spots by parents or other gymnasts allowed)
9. Check for proper matting before using equipment
10. **NEVER** dismount off apparatus onto anything but landing mats
11. **NO** hanging on the bars by only your knees
12. **DO NOT** try new skills at “Open Gym” - work on skills you know and are able to do

### Trampoline Rules

1. Supervision is required when bouncing on trampolines
2. **ONE** person at a time on trampolines
3. Jump in the middle of the trampoline (**NO** bouncing off wall)
4. **NO** flipping on the trampoline
5. **WALK** off of the trampoline. (Do NOT bounce off)
6. Jump on **ONE** trampoline at a time – **NO** jumping back and forth between trampolines

### Pit Rules

1. **NEVER** use foam pit without supervision of coach or instructor
2. **NEVER** enter the foam pit head first (jump in on feet or seat **ONLY**)
3. **DO NOT** “hang out” in foam pits; once you jump in, leave the foam pit promptly so the next person can jump in
4. All foam cubes must stay inside the foam pit
5. The foam is **NOT** to be torn into small pieces
6. Training foam pits, regardless of size, type, and quality, are **NOT** a failsafe to serious injury

In consideration of the services of Salto Gymnastics Center, Inc, Vitali Rudnitski, Alexander Belanovski and Andrei Kan, their employees and all other persons or entities acting in behalf of Salto Gymnastics Center, Inc, I release and discharge Salto Gymnastics Center, Inc, on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

1. I understand and acknowledge that the activity I, or my child will participate in poses known risks and unanticipated risks which could result in injury, paralysis, death, emotional distress, or damage to myself, to property, or to third parties. The following describes some, but not all, of those risks:

*Gymnastics and/or dance entails certain risks which simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, gymnastics and/or dance students would not improve their skills, and the enjoyment of the sport would be diminished.*

*Gymnastics and/or dance exposes its participants to the usual risks of cuts and bruises. Other more serious risks exists as well. Participants can fall off equipment, sprain or break wrists and ankles, and they can suffer more serious injuries as well, including paralysis or even death. If you are injured, you may require medical assistance, at your own expense.*

2. I and/or my child expressly agree and promise to accept and assume all of the risks existing in this activity. Participation in this activity is purely voluntary, no one has forced me to participate, and I or my child elect to participate in spite of the risks.

3. Salto Gymnastics Center, Inc. is not responsible for lost or stolen items.

**My Signature below indicates that I have had sufficient opportunity to read the rules and participation agreement with my son/daughter, and that I understand it affects my legal rights; I agree to be bound by its terms.**

Signature of Parent or Guardian \_\_\_\_\_

Print Name of Parent or Guardian \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ Date signed \_\_\_\_\_

Print Name of Participant \_\_\_\_\_