

POWER IN MOTION GYMNASTICS - Special Activities

ACTIVITY DATE: _____

- Birthday Party Field Trip Camps
 Open Gym Special Activity Specialty Clinics

CHILD(REN) INFORMATION**CHILD**

Name _____ Gender _____ Age _____ Birthday _____

Any Medical Restrictions/ Allergies _____

PARENT/ GUARDIAN INFORMATION**PARENT**

Name _____ Home Phone _____ Cell Phone _____

Address _____ City _____ State _____ Zip _____

ASSUMPTION OF RISK/WAIVER OF LIABILITY: As the parent/legal guardian of the above-mentioned person(s), I am fully aware of the potential dangers, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in a sport or activity involving height or motion. I am fully aware that height and motion are inherent to the programs offered by Power in Motion Gymnastics and Fitness Center, Inc. ("PIMG&FC"), and I hereby give my consent for my child(ren) or the person I am guardian for, to participate.

I, as the parent or guardian of the above-mentioned person(s), agree and acknowledge that I have made a voluntary choice to allow my child(ren) or person I am guardian for, to participate in these activities at PIMG&FC with the risk that such activities present. In consideration of being permitted to participate in a gymnastics or fitness instructional program, event or competition, at PIMG&FC, I agree to assume any and all risk of injury or death which might be associated with, or result from the participation in such activities by my child(ren)'s or the person I am appointed guardian for. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether now known or unknown, on behalf of myself and/or my child(ren) or for the person I am appointed guardian for.

I further agree that I will accept and abide by all rules and regulations of PIMG&FC as well as any and all obligations that may be imposed by law. I further agree to indemnify and hold harmless PIMG&FC, its affiliates, owners, directors, sponsors, agents and their heirs and assigns, for any claim, demand, losses, or damages arising out of any personal injury or property damage to me, to my child(ren), or to the person I am guardian for, or any other person as a result of participation in this activities by my child(ren) or by the person I am guardian for.

PERMISSION TO TREAT: I fully understand that PIMG&FC staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby provide my express consent that PIMG&FC staff may call our doctor, _____, at telephone no. _____, and in addition, may seek medical help, including transportation, such as the calling of an ambulance for my child(ren) or the person I am guardian for. I agree to provide for all medical expenses incurred by me as a result of injury sustained by my child(ren) or the person I am guardian for, while participating at PIMG&FC.

PHOTO RELEASE: I grant permission to PIMG&FC to use photographs or videos of my child(ren) or the person I am guardian for, for promotion of PIMG&FC.

SIGN HERE I have fully read and understand this agreement and all of its terms. I have signed this agreement freely and voluntarily agree that it is binding upon me, my child(ren) or the person I am guardian for, including my heirs, assigns and legal representatives.

Signature of Parent/Legal Guardian _____ Date _____

Power In Motion Gymnastics • 3889 M-139 • St. Joseph, MI 49085 • 429-5100 • pimgyrnastics.com

RULES & POLICIES

**GENERAL OPEN GYM RULES**

1. NO food, gum, or beverage of any kind allowed in gym area.
2. No throwing equipment or rough housing.
3. The climbing rope and rings should be kept stationary, and not used to swing on.
4. Parents please come in to drop off or pick up your children. We insist on all children waiting inside for their rides. Please be prompt in picking your child up.
5. To ensure a pleasant experience for all guests, we reserve the right to remove any guest who is exhibiting improper behavior (yelling/screaming/horseplay/fighting, etc.)

TRAMPOLINE RULES:

1. Trampoline MUST be supervised at all times.
2. Only one person on the trampoline at a time.
3. Listen to directions. Make sure you understand what skill you are attempting.
4. No "Horse Play" or "Fooling Around."
5. No bouncing or jumping off trampoline onto the floor.
6. Avoid bouncing too high. Stay in control.
7. DO NOT exceed your ability level. Ask an instructor if you want to try a new skill.

PIT RULES

1. Make sure pit is clear of people and objects before entering.
2. NO head first entries.
3. Always land on feet, seat or back as if sitting in a chair.
4. Make sure area is properly fluffed.
5. DO NOT pick foam.
6. DO NOT land with straight legs. Land with legs bent and apart.
7. DO NOT bury yourself in the pit. Keep your head above the pit foam.

BAR RULES

1. Hands must be on the bars at all times.
2. No hanging on the bars by only your knees.
3. No walking on the bars with just your feet.