



Powell River Gymnastics

BIRTHDAY PARTY GUEST LIST

Party Date: _____

Party Time: _____

Powell River Gymnastics & Cheer, through Gymnastics BC, provides liability insurance for Birthday Parties; however, **individual accident and medical insurance is not provided**. As the Host Parent, it is your responsibility to inform your guests of this policy. Optional accident insurance can be provided for \$15/guest who desires coverage.

Powell River Gymnastics is required to collect the following information in order to activate the event liability coverage.

Party Parent Name: _____ Phone (H): _____

Address: _____ Phone (C): _____

GUEST LIST (*birthday child's name)

	Name	Age	Phone Number	Gym Member
1	*			Y / N
2				Y / N
3				Y / N
4				Y / N
5				Y / N
6				Y / N
7				Y / N
8				Y / N
9				Y / N
10				Y / N
11				Y / N
12				Y / N
13				Y / N
14				Y / N
15				Y / N
16				Y / N
17				Y / N
18				Y / N
19				Y / N
20				Y / N

I HAVE READ THE MINOR RELEASE STATEMENT ON THE REVERSE & AGREE WITH THE TERMS:

Print Name	Date
Sign	

PLEASE READ CAREFULLY

RE: Use of Premises and Equipment of Powell River Gymnastics Society.

TO: Powell River Gymnastics Society and its directors, officers, employees, representatives, officials, landlord and agents.

ASSUMPTION AND ACKNOWLEDGMENT OF RISKS FOR MINORS

I have read the guidelines and rules issued for the use of Powell River Gymnastics Society (herein known as PRGS) 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,

ADULT RELEASE AND INDEMNITY FORM

I have read the guidelines and rules issued for the use of PRGS premises and equipment, which I understand, and I agree to be bound by them. In consideration of your acceptance of my being permitted to use the premises and equipment and/or any activity associated therewith, I agree to RELEASE, SAVE HARMLESS AND INDEMNIFY PRGS and/or its agents from and against all claims, actions, costs and expenses and demands in respect to death, injury, loss or damage to my person or property wheresoever and howsoever caused, arising out of, or in connection with my use of the premises and equipment notwithstanding that the same may have been contributed to or occasioned by any act or failure to act, including, without limitation, negligence, of PRGS and or anyone or more of its agents. I further agree and acknowledge that:

1. The rules and guidelines governing the use of the premises and equipment are solely for that purpose 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. I further agree to HOLD HARMLESS AND INDEMNIFY PRGS and its agents from any and all actions, claims, demands, losses, judgements or costs of any nature to any third party resulting from my use of the premises and equipment herein and I agree not to make any claims or take any proceedings against any other person, society, corporation or other legal entity who might claim contribution or indemnity PRGS and/or its agents in respect of matters which are the subject of this Release.
3. I agree that this Release shall bind my heirs, executors, administrators and assigns.
4. I confirm that I am the full age of eighteen years and I have read this Release and understand it.

GENERAL GYM RULES

1. THINK "SAFETY FIRST" IN GYMNASTICS
 2. COACHING SUPERVISION IS ALWAYS REQUIRED IN THE GYM
 3. UNDERSTAND THE RISK OF THE ACTIVITY
 4. MASTER BASIC SKILLS BEFORE ATTEMPTING MORE ADVANCED
 5. KEEP YOUR BODY UNDER CONTROL
 6. RESPECT OTHERS' PERFORMANCES - NO DISTRACTION
 7. DOUBLE CHECK EQUIPMENT
 8. PARTICIPATE COOPERATIVELY WITHIN THE LIMITS SET BY THE COACH
 9. GET COACH'S PERMISSION TO ENTER GYM, GO ON EQUIPMENT, TRY NEW SKILLS, PERFORM FLIPS, LEAVE THE GYM
 10. BE PREPARED: BE HEALTHY, NOT TIRED, WEARING PROPER CLOTHING, HAVING LONG HAIR TIED BACK, ALWAYS WARMING UP
 11. STOP UNSAFE ACTS WHICH COULD CAUSE INJURY BY: LISTENING, FOLLOWING INSTRUCTIONS & CONTROLLING YOUR ACTIONS
 12. FOLLOW FACILITY SAFETY PROCEDURES. BE ALERT. WATCH WHERE YOU ARE WALKING. DO NOT RUN IN THE GYM.
-