

GOLDEN GYMNASTICS

12580 W. CEDAR DR.
LAKEWOOD, CO 80228

PERSONAL TRAINING SESSION WAIVER FORM

I parent/legal guardian of _____ approve and give permission for him/her, who is in good health to participate in gymnastics programs of Golden Gymnastics. I also understand that catastrophic injury can occur in the sport of gymnastics. I agree that Golden Gymnastics including its owners, officers, staff, sponsors, and all agents shall not be held responsible for any costs or claims associated with any injuries or illnesses sustained during club sponsored activities of Golden Gymnastics.

Illnesses:

I understand that Golden Gymnastics including its owners, officers, staff, sponsors, and all agents will do everything they can to prevent the spread of any viruses or illnesses. I understand that there is an inherent risk in the participation of personal training sessions at Golden Gymnastics with regards to the contracting and/or spread of any illnesses.

Responsibilities of the Family and participant:

- Make sure that my son/daughter is in good health along with family members or anyone living with the participant(s) are in good health before coming to the gym. If possible, please take the athlete's temperature prior to coming to the gym.
- Athletes will bring their own work-out bag to the gym and take it home after each session. The following should be in their personal workout bag:
 - Water bottle
 - Personal work-out items including:
 - TheraBand, Weights, Grips, Wrist Supports
 - **Hand sanitizer**
 - Athletic Tape & PreWrap
 - A small plastic Ziploc container with lid (not plastic bags) to hold personal chalk
 - Personal water spray bottle (for grips)
 - Any other items used for training
 - These items are not to be shared with any staff or teammates. These items should not be left at the gym.

Caution:

Any activity involving motion or height may cause catastrophic accidental injury. Before mounting the apparatus, make sure that is properly adjusted, secured, and has sufficient mats, appropriate to the exercise in position. When attempting new skills use a qualified spotter. Dismounts from the apparatus require proper landing techniques. Do not land on head or neck, as catastrophic injury may result. If in doubt, always consult your instructor. Any skill involving inversion of the body could be dangerous and could cause catastrophic head/neck injury or even death.

I understand the inherent risks involved in gymnastics along with any illnesses that may be contracted through participation of personal training at Golden Gymnastics. I understand and agree to this waiver form for my son/daughter to participate at Golden Gymnastics and its club activities.

DATE:

Signature of Parent or Legal Guardian