



## Open Gym Rules and Waiver Form

\*\*Must be signed by a parent before entry onto Midwest Twisters Gym floor

**General Information** Open Gym is a time when the gym is supervised by Midwest Twisters staff and open for individual workout.

**Who May Participate** Athletes in good physical condition for gymnastics/cheer activity. Must understand and willing to abide by the rules listed in the attached flyer, told to and/or listed below. All individuals under 18 years are required to have a parent sign the attached registration and waiver form. Yearly membership fee is \$30.00 a child, \$45.00 a family.

### Basic Rules

- ◆ Open Gym is to be used as learning and practice time. Running around, roughhousing or interfering in any way with fellow athletes will not be tolerated.
- ◆ Dress appropriately: athletic clothing, cheer shoes or barefoot, no excessively baggy cloths, no jewelry, no belts or drawstring clothing, long hair tied up.
- ◆ No chewing gum. No smoking in or around Midwest Twisters facility.
- ◆ Athletes must sign in and pay at the front office each time they attend Midwest Twisters Open Gyms.
- ◆ No Swearing, No Vandalism of gym equipment, No Fighting, Hitting, or Horseplay of any kind.
- ◆ Open cuts or abrasions must be covered with a band-aid and athletic tape. Staff must be notified of such injuries prior to entering the gym.
- ◆ No hanging out in bathrooms or unsupervised areas of the Midwest Twisters facility.
- ◆ Athletes must stretch appropriately before workout to prevent injuries.
- ◆ Only 1 person allowed on an apparatus at a time.
- ◆ Pay attention to what is happening around you. Other gymnasts may be tumbling or dismounting around you.
- ◆ Midwest Twisters staff may restrict or limit skills for any reason.
- ◆ If any of these rules are not followed, you will be asked to leave without refund.
- ◆ Midwest Twisters staff have the right to deny any person from attending Open Gyms.

Midwest Twisters reserves the right to ask any participant or friend(s) of participants of Open Gyms to leave at any time for any reason.



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## Open Gym Waiver

Student \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Student \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Student \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Parent \_\_\_\_\_ Hm Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Parent's Email \_\_\_\_\_ (private MWT email list with special savings)  
 Emergency Contact \_\_\_\_\_ Hm Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Event \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_  
 New Student? Yes / No    Any Health Concerns? \_\_\_\_\_

**Liability Waiver and Indemnity Agreement.** As conditions of the participation of the student described above ("my child") in any of the programs conducted by Midwest Twisters Gymnastics including but not limited to tumbling, gymnastics, cheerleading, fitness classes, Open Gym, rock climbing, and zip line, whether conducted on or off the premises of Midwest Twisters Gymnastics, I agree to the following:

1. I waive any claim for bodily injury, personal injury or property damage against Midwest Twisters Gymnastics, its officers, directors, shareholders, employees, agents and insurers (collectively, "Midwest Twisters"), and any owners or lessors of the premises and any equipment used in connection with any programs of Midwest Twisters, arising out of our child's participation in any of the programs of Midwest Twisters whether on or off Midwest Twisters Gymnastics premises, or travel for the purpose of participating in any such programs or events.
2. I understand that this waiver extends to injuries incurred by any member of my family, including my child identified above, myself, or any other family member.
3. This agreement shall remain in effect as long as and whenever our child participates in any activity at or with Midwest Twisters.
4. If this agreement is not effective to waive liability on behalf of our child, ourselves, or any other family member, we further agree to indemnify Midwest Twisters Gymnastics for its liability including all costs, fees, and expenses incurred by Midwest Twisters in connection with such liability.
5. We reserve the right to use your or your child's image or likeness in any Midwest Twisters promotional material.

**Authorization of Medical Care:** In case of illness or injury, if I cannot be reached, I authorize and desire medical care of my child at the discretion of the attending physician. I accept responsibility for all associated expenses.

**Agreement to Pay:** I agree to pay the full semester's tuition. I understand that there are no credits or refunds for missed or cancelled classes.

**Acceptance of Rules and Policies:** I have read and understand Midwest Twisters Gymnastics rules and policies and agree to abide by them through the course of my, and my family's involvement with the program.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

I have read, understand and will follow the rules presented to me on the rules and waiver form or presented during Open Gym. I understand if I don't follow the rules, I will be sent home without refund. Midwest Twisters staff have the right to deny any person from attending Open Gyms.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_