

# GLEASON'S WAIVER & RELEASE FORM

Participants Name \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Participants Name \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Activity: Class \_\_\_ Birthday Party \_\_\_ Open Gym \_\_\_ Field Trip \_\_\_ Other \_\_\_\_\_  
Parent Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Parent Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

## Waiver and Release

**WARNING! CATASTROPHIC INJURY, PARALYSIS OR EVEN DEATH CAN RESULT FROM THE IMPROPER CONDUCT OF THE ACTIVITY** In consideration of Gleason's Gymnastic School accepting myself or my child into participation and/or training in gymnastics, which activity I hereby acknowledge involves greater than normal risk of injury, I agree, for myself or as my child's parent/guardian to assume responsibility for all risks, cost, or losses sustained by me, my child, or my child's family in connection with participation in gymnastics classes, programs, lessons, meets, birthday parties, open gyms, field trips or any other activities connected with Gleason's.

I give my permission to Gleason's Gymnastic School and/or appropriate medical facility to make whatever emergency (first aid, disaster evacuation, etc.) measures as judged necessary for the care and protection of my self or my child while under the supervision of Gleason's Gymnastic School.

In case of an emergency, I understand that I or my child will be transported to an appropriate medical facility by the local emergency unit for treatment if the local emergency resources deem it necessary. Transportation will be at my own expense.

It is understood that in some medical situations, the staff will need to contact the local emergency resource before the parent, physician and/or other acting on behalf of the parent or family can be reached.

Further, I hereby release and agree to hold harmless and to indemnify Gleason's Gymnastic School employees, owners or volunteers from any claims, losses or expenses incurred or on the behalf of me, my child or my child's family.

Speaking for myself or as a legal guardian of this participant, I hereby verify by my signature below, that I fully understand and accept each of the above conditions for participating or for permitting my child to participate in activities at Gleason's Gymnastic School.

**Consent to Photograph and Media Release:** I understand that my child's photograph or video may be taken during the course of class instruction, during a special event at Gleason's Gymnastic School or at a function sanctioned by Gleason's. I hereby grant permission to Gleason's Gymnastic School to use my child's photograph or likeness in any publicity or promotional publications. (e.g., web site, newspaper ads, bulletin boards, newsletters, programs, brochures, public broadcasting releases, etc.) and to allow the news media to film and/or photograph programs and activities for broadcast purposes.

**Participant Signature** \_\_\_\_\_ Date \_\_\_\_\_  
If participant is 18 years or older

**Parent/Guardian Signature** \_\_\_\_\_ Date \_\_\_\_\_  
If participant is under 18 years of age

Email address(es) \_\_\_\_\_  
Gleason's will not share you email address. Email addresses will be used for communication purposes only.

BE SURE TO READ AND SIGN BOTH SIDES



# COVID WAIVER ADDENDUM

## GGG ATHLETE RESPONSIBILITIES & EXPECTATIONS

Athletes with symptoms (i.e. fever, cough, shortness of breath, body aches, chills, loss of taste/smell, etc.) will be instructed to stay home as well as notify their lead coach of symptoms if they develop symptoms with 72 hours of their last visit to GGS.

Sick Athletes will be required to consult with healthcare providers and state/local health departments to determine when they can return to GGS.

Athletes with sick/symptomatic/self-isolating due to close contact family members (in house or close contact) should not attend practice.

All athletes will have their temperature taken. Athletes with temps at or above 100.0 will not be permitted to remain in the building and parents will be notified immediately.

Athletes will train in the same, pre-determined groups for every training session to limit exposure.

Athletes may wear masks/PPE during training, but will not be required so. Please be aware that wearing masks during gymnastics may put your child at risk if the mask was to come loose, it could interfere with their vision or cause additional distraction.

Athletes will arrive no more than 15 minutes prior to their scheduled training time and will leave GGS within 5 minutes of the completion of their practice.

Athletes must wash hands or use hand sanitizer upon arrival at GGS and between event rotations (minimum once every 45-60 minutes) and/or after coughing/sneezing/etc. or coming into contact with another athlete.

Athletes will arrive at GGS with their leotard/training apparel already on to limit use of the restrooms for changing prior to practice.

Athletes will bring their team backpacks with all necessary personal equipment/training aids.

Athletes that need ice or to be taped by a coach, will be done so, with both the athlete and coach wearing a mask. Both individuals will wash/sanitize when taping is complete.

There will be no scheduled snack breaks until further notice. Athletes should avoid bringing/eating snacks during scheduled practice times while at GGS.

Athletes must wash/sanitize hands prior to exiting GGS.

Athletes should follow "front line responders" protocol when they return home following practice:

- Travel directly home from the gym (no stops on the way)
- Practice apparel goes immediately into the wash
- Athlete goes directly into the shower/bath prior to eating, interacting with family members, etc.

## GGG FAMILY EXPECTATIONS

**GGG is encouraging parents/guardians to "drop off & pick up" rather than enter the building with their athlete in order to limit the number of individuals in the facility however, GGS will permit one adult family member per athlete to enter the building and watch practice. We ask that you do not bring in siblings. SPACE WILL BE LIMITED.**

GGG is STRONGLY encouraging all family members to adhere to proper social distancing when outside the gym to help keep your child's teammates and coaches safe.

Parent/Guardians who do enter the building must adhere to 6 foot social/physical distancing guidelines.

Please be sure athletes wash hands before attending practice and follow above listed protocols after returning to your home.

As always, any individual (family member or athlete) who is not feeling well should remain home.

I am aware that while gymnastics is an individual sport, there will be times when incidental contact will occur. Gleason's Gymnastic School is operating in a social and physical distancing environment but even with the best efforts and intentions, there will be times when the children will breach the prescribed distancing recommendations (6 feet). In addition, our teaching and coaching staff will spot (physically assist) when the circumstances require it. Spotting our students and athletes is often necessary in order to teach skills safely at Gleason's Gymnastic School and I agree to permit my child's teacher and/or coach to physically assist my child when needed. Direct assistance will also be provided in the event of injury. I also understand that accidental contact between children is always a possibility.

I have read, and understand, the above policy & procedures and I acknowledge that I am sending my athlete(s) to practice voluntarily and understand that even with the extra precautions put in place athletes in attendance still risk exposure to Covid-19 or other illnesses.

**Participant/Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_