

DYNAMIC GYMNASTICS

117 Greystone Drive
Lynchburg, VA 24502

Participation Waiver

Student Information

Last Name: _____ First Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

DOB: __/__/__ Home Phone: _____ Cell Phone: _____

In Case of Emergency

Primary Contact Name: _____ Contact Phone #: _____

Primary Contact Email: _____ Relationship: _____

Secondary Contact Name: _____ Contact Phone #: _____

I hereby grant permission for the persons enrolled to participate in the program held by Dynamic Gymnastics. *I realize the gymnastics and ninja classes involves the risk of injury, possible paralysis, and even death. (Very unlikely, but always a possibility.)* I am aware and understand the risks involved in the sport, and I release Dynamic Gymnastics and its employees from any and all liability, which might be incurred during the conduct of this activity. I further agree to indemnify and hold the Corporation harmless for any claims or lawsuits brought by or on behalf of my child.

In an Emergency, I hereby grant permission to their employees, to have authority, at my expense, in the event I cannot be readily reached, to utilize the most convenient volunteer rescue squad vehicle or ambulance to transport my son or daughter to the hospital, and if necessary I authorize medical treatment. I hereby verify that the student has passed a medical examination within the last twelve (12) months and is capable of participating in the gymnastics and ninja classes.

Print Name: _____

Signature: _____
(Age 18 years or older)

Date: __/__/__

For Office Use Only:

Day: _____ Time: _____ Class: _____

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RULES AND POLICIES

Welcome to Dynamic Gymnastics! We want this to be a wonderful and exciting experience for your family! In order for this to happen, it is important for you and your child to understand the gym rules and policies. (Please note that the registration is not complete until you have filled out and signed the release form.)

1. **INSURANCE REGULATIONS – Registration MUST be done in person by child’s parent or legal guardian. This is strictly enforced.** No persons are allowed on the workout floor unless accompanied by a coach. Parents must remain in the observation area. Gymnasts are not to be distracted by parents during practice. If you wish to talk with a coach please schedule an appointment with the front desk. **NO FLASH PHOTOGRAPHY!**
2. **ARRIVAL** – Upon arrival, gymnasts must check in with the front desk for attendance and then stow all belongings in the cubbies provided. Please wait in front of the cubbies or observation area until class is called to the floor for warm up. All classes warm up together.
3. **DISMISSAL** – When students are dismissed from class they must wait inside the building until they are picked up. No student has permission to leave the building unless accompanied by an adult. Parents, please be prompt on pick up.
4. **DRESS CODE** – Female students must wear a leotard or a fitted shirt and shorts. Male students must wear athletic shorts and fitted shirt. Absolutely **NO** baggy clothing or jewelry is to be worn during class.
5. **NO FOOD, DRINKS, OR GUM IS ALLOWED IN THE WORKOUT AREA**
6. **MAKE UPS** – We realize perfect attendance is impossible. Therefore we offer make up classes for your child during other scheduled classes (based on availability). The class must be missed prior to the make up class (no early make ups) and scheduled within four weeks of your missed class. Reservations for make-ups **MUST** be scheduled with the office.
7. **PAYMENT POLICY** – Payment is always made for an 8-week session. Prices listed are discounted at a 5% discount for cash and check payments. Payment is due a week prior, on the 7th class of the current session. If payment is **NOT** made by the 8th class in the session, your child’s spot will be forfeited. There is a \$25 fee for any returned checks. If you have any questions please speak to management immediately. **THERE ARE NO REFUNDS.**
8. **DROPS** – If your child is planning on discontinuing, please notify the office **BEFORE** the last class of the current session. If we do not receive notification, you may be charged for the full session.
9. **INCLEMENT WEATHER** – If the gym is changing the schedule due to inclement weather, we will inform you of any closings or changes on our phone message system, or on our Facebook page, and if time permits, through e-mail. Our phone number is (434) 528-3222.
10. **VALUABLES** – Dynamic Gymnastics is not responsible for lost or stolen items. All valuables should be left at home.
11. **PICTURES/SOCIAL MEDIA** – Gymnasts may be photographed during their time at Dynamic Gymnastics. Pictures may be used on our social media accounts, website, or any other marketing materials. If you do not wish for your athlete’s picture to be taken please let us know and we will have you fill out our “Picture Opt Out Form.”
12. **REMINDER** – Gymnasts are not to be distracted by parents during practice. You have entrusted us to teach your child. It is important that you do not “coach” your child from the side. Please speak with management or arrange an appointment with a coach if you need to address issues with your child’s class.

I certify that I have read and understand the rules and policies of Dynamic Gymnastics.

Parent Signature: _____ Date: _____

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ASSUMPTION OF RISK/WAIVER OF LIABILITY RELATING TO INFECTIOUS DISEASES

I further acknowledge, understand, appreciate and agree that my participation may result in possible exposure to and illness from infectious diseases, including, but not limited to, MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation and exposure.

Printed Name of Participant(s): _____

PARENTAL CONSENT

I, hereby covenant and promise that I am the minor's parent and/or legal guardian, and on behalf of myself and the minor, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I further understand the risk of exposure to injury and/or infectious diseases, for my child, as a participant, spectator at events, classes or our presence at the facility and myself. I hereby release, discharge, covenant not to sue and AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS each of the RELEASEES from all liability, claims, demands, losses or damages on the minor's or my account caused or alleged to have been caused in whole or in part by the negligence of the releasees or otherwise, including, but not limited to injury, negligent rescue operations, and/or exposure to infectious diseases and I further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above RELEASEES, I WILL DEFEND, INDEMNIFY, AND HOLD HARMLESS each of the RELEASEES from any litigation, expenses, attorney fees, loss liability, damage, or cost which any RELEASEE may incur as the result of any such claim.

Printed Name of Parent/Legal Guardian

Printed Name of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Date

Date

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COVID-19 REOPENING POLICIES/PROCEDURES LETTER

To Whom It May Concern:

Due to the recent health pandemic surrounding COVID-19, Dynamic Gymnastics temporarily closed its doors on March 16th, 2020 in an effort to keep our athletes, families, staff, and community safe and healthy. On May 4th, 2020, Governor Northam announced that non-essential businesses could open their doors for business on May 15th, 2020 following the recommendations outlined in Phase 1 of reopening Virginia. Per these guidelines, fitness facilities were only permitted outdoor classes. This would make doing business very difficult for us. On Tuesday, June 2nd, the Governor announced that on Friday, June 5th Virginia would enter into Phase 2. This phase offers more reasonable guidelines that allow us to conduct business more effectively and efficiently.

Dynamic Gymnastics will be reopening for business on Monday, June 8th with recommended CDC guidelines in place. Our team athletes have received their summer training schedules and our 2020 Recreational Summer Schedule has been released to the public on our website and Facebook. Over the past couple of weeks, we have been conducting office hours to better assist you. During these office hours, you can call, email, or visit our front desk in person to sign up for classes, register for camp, turn in team packets, make payments, etc.

When we reopen on June 8th, we will be operating our schedule spread out over the course of the entire day to keep the number of patrons in our facility down. For the safety of our staff, athletes and families, the following are some of the practices and procedures that we will be implementing:

- Staff Practices/Procedures
 - All staff will have their temperatures checked upon their arrival to work. Any staff member with a temperature over 100° Fahrenheit will be sent home.
 - Hand-washing/sanitizing will be increased throughout the workday.
 - Station work will be utilized during classes/practices in an effort to maintain social distancing between athletes. The pit will only be open to team athletes during scheduled practice time.
 - Cleaning stations will be set-up throughout the gym for the sanitization of mats/equipment between classes.
- Class Changes/Sizes
 - Mommy & Me classes will not be offered until we reach Phase 3 as a state.
 - For social distancing purposes, Pre-School classes will have no more than 4 children—reduced from our usual 6 children.
 - Recreational class sizes will be reduced from 8 athletes to only 6 athletes per class.
 - Make-up classes will only be available during classes that are NOT full and have space.
 - For hygiene reasons, the water fountain will NOT be in use. Athletes will be required to purchase water or bring their own water bottle.
- Arrival/Drop Off
 - Athletes are encouraged to be dropped off at the door.
 - Team and recreational class athletes will be allowed ONE SPECTATOR. However, we are encouraging those that feel comfortable, to drop their child off and pick up at the end of class/practice to strictly limit spectators. Parents may leave during the duration of class or stay in their car in the parking lot.
 - Pre-School class athletes will also be allowed ONE SPECTATOR. The spectator will be required to STAY in the front desk lobby area during the duration of class and will NOT be permitted to spectate in the regular gym lobby for the last 10-15 minutes of class. However, if a pre-school parent/guardian does not want to stay during the class, they are welcomed to wait in their car.
 - Upon arrival, athletes will check in with the front desk and then immediately wash their hands.
 - Tape marks will be spaced out throughout the lower lobby and athletes will be asked to stand on a designated space while waiting for class to begin.
 - Classes will be called one at a time to ensure there is no crowding at the gym entry.
 - Warm-ups will be conducted with social distancing in place.

- Dismissal Procedure
 - In an effort to keep our front lobby from becoming too congested and to allow for the start/end of classes to not overlap into one area, we will be dismissing athletes from the bay door.
 - Parents will be required to get out of their vehicle and line up in front of the bay door behind the cone specific to their athlete's coach. These lines will be distanced.
 - Athletes will line up on the gymnastics floor in front of the bay door on tapelines that are socially distanced. They will be dismissed into the hands of their parents a few at a time to eliminate congestion.
 - Athletes are encouraged to wash hands and change out of practice clothes upon their return home.
- Registration/Payments
 - Right now we are encouraging, parents to call and register for classes/camps over the phone. Payments can be made over the phone, dropped off during office hours, or mailed to the gym.
 - Please visit our website, click on the 'Forms' menu tab and print the registration documents. Once filled out these can either be dropped off or mailed to: Dynamic Gymnastics, 117 Greystone Drive, Lynchburg, VA 24502.
 - If you are unable to access the Internet or print these documents, please call us at 434-528-3222 to arrange another way to receive and complete these forms.
 - After June 8th, registration will still be encouraged to be done over the phone and/or through mail, however we will continue to offer in-person office hours for your convenience.
- Open Gym
 - We will be offering Open Gym every Friday starting June 19th, however during the duration of Phase 2 we will be enforcing the following guidelines:
 - Only children ages 8 and up are permitted.
 - Limited spectating is encouraged—only one spectator permitted per athlete. We appreciate those that feel comfortable dropping their athlete off and returning promptly for pick up!
 - Pick up/d dismissal will be conducted at the bay door. Parents must get out of their vehicle to pick up their athlete. Athletes will not be permitted to exit the gym or cross the parking lot without a parent present at the bay door.
- Birthday Parties & Parents Night Out
 - We will be offering both birthday parties and Parents Night Out, however during the duration of Phase 2 we will be limiting them to 50 guests total. For parties, this will include parents/families that decide to stay during the party. For PNO, we will be capping at 30 children and limiting spectators if necessary.

Dynamic Gymnastics is committed to making the health and safety of our athletes, families, and staff our top priority. We have taken the recommendations of the CDC, White House, Governor, Virginia Health Department, USA Gymnastics, and other health professionals to determine what actions we can take in our facility to continue offering our services to our clients in a safe manner. Please understand that this has not been an easy task and our business and livelihood has taken a tremendous financial hit. We are doing everything in our power to continue to keep our doors open to the community.

We understand that not everyone will be ready to return on Monday, June 8th. We each have different environments at home—whether we live with elderly or have small children or someone with an underlying health issue. Please make a decision about returning for classes or practices that best serves the needs and safety of your family. We want to extend an enormous thank you to those of you that have continued to support us during this difficult time. We are so grateful for your commitment to our program and our "gym family." Please continue to be safe and we look forward to returning to the gym in the next couple of weeks!

Sincerely,

Brandon & Samantha Sloan
Owners of Dynamic Gymnastics

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COVID-19 REOPENING POLICIES/PROCEDURES LETTER ACKNOWLEDGEMENT

I/We the parent(s) of _____ have read and understand the COVID-19 Reopening Policies/Procedures Letter and understand all of the newly implemented practices that have been put in place for the safety of myself, my athlete, and staff. Delay in signing this sheet until you speak with management if any policy herein is unclear to you.

Printed Name of Parent/Legal Guardian

Printed Name of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Date

Date