

North Crest Kids Activity Center Permission Slip

Child's Name _____ M / F Birthday _____ Age _____

Parent or Guardian Name _____ Email Address _____

Home Phone # _____ Cell Phone # _____

Emergency Contact (other than parent/guardian) _____ Relationship _____

Home Phone # _____ Cell Phone # _____

Liability Waiver (updated 5/30/2020):

In mutual consideration for membership in North Crest Kids Activity Center, Inc. on behalf of myself and my immediate family, I hereby fully and forever release and discharge North Crest Kids Activity Center, Inc., its officers, shareholder, employees, directors and agents from all claims, demands, damage action, exposures to Covid-19 or other communicable diseases, or injuries, whether any injury or damage be known now or in the future, whether anticipated or unanticipated, resulting from or arising out of my child's use or intended use of the facilities, equipment and services.

In addition, I acknowledge that due to the nature of the facility and the programs offered by North Crest Kids Activity Center, Inc., North Crest Kids Activity Center, Inc. cannot and does not guarantee that social distancing of 6 feet per participant and other recommended safety protocols will always be enforceable and that despite the reasonable efforts of North Crest Kids Activity Center, Inc. to mitigate exposure to Covid-19 and other communicable diseases, individuals participating in the activities offered by North Crest Kids Activity Center, Inc. may result in the participants being exposed to Covid-19 or other communicable diseases. As a result, in exchange for being granted access to North Crest Kids Activity Center, Inc.'s facility, I agree on behalf of myself, my heirs, assign and minor(s), to hold North Crest Kids Activity Center, Inc. harmless from any claim for damages arising out of exposure to Covid-19 as well as due to the result of any accident or injury that may be caused to myself or my child. I understand I am responsible for my child up until class start time and immediately after class ends.

In the event I, my child or any other member of my family is exposed to Covid-19 or other communicable disease I agree that we will refrain from visiting North Crest Kids Activity Center, Inc.'s facility or utilizing the services offered by North Crest Kids Activity Center, Inc., except on-line services, for the period of not less than 14 consecutive days and until we have engaged in appropriate self quarantining protocols as recommended by the World Health Organization, the Center for Disease Control and/or the Minnesota Department of Health.

I recognize that participation in gymnastics and activities involving movement exercise carries with it the risk of catastrophic injury. The undersigned authorizes North Crest Kids Activity Center, Inc. to act for me according to their best judgment in any emergency requiring medical attention including the service of a rescue squad and/or emergency room. This authorization shall remain effective until revoked in writing.

I agree to allow North Crest Kids Activity Center, Inc. to publicize in any manner any photo or video of me or my child at any time. The photos will be used for marketing/advertising use for North Crest Kids Activity Center or an event North Crest Kids Activity Center may be participating in. This includes pictures they may be in the background of. We are not liable for any photos taken from a cellular phone /recording device used by a non North Crest Kids Activity Center Employee.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Printed Name _____

Experienced Open Gym Rules

*Please read and initial next to each rule.

- _____ Absolutely no parents in the gym.
- _____ One person on the trampoline at a time with the exception of a seat war.
 - a. Please take 1 minute turns unless there is no line for the trampoline.
- _____ No cross traffic on the tumble track (down on the black, back on the red)
- _____ Please stay away from the channel pit area and off of the strap bar above it.
 - a. Exception for Team girls level 5+, Gold+ and boys level 6+.
- _____ Foam blocks need to stay in the pit and are not for throwing.
- _____ Absolutely no high bar with the exception of the one over the foam pit.
 - a. Exception for team level 3+ and Bronze+; No jumping from low to high.
Must use blocks to get up to high bar.
 - b. Exception for Optional, Platinum and Diamonds; can jump from low to high bar.
- _____ Ropes are for climbing. Not swinging.
- _____ Please do not use the green mat stack by the climbing ropes. This includes Team.
- _____ Boys p-bars, pommel horses and high bar are for boy's team members only.
- _____ Rings may be used by request only. Do not swing on rings and use hands only.
 - a. Feet in rings will result in them being put away for the rest of open gym time.
- _____ No use of exercise balls.
- _____ No inappropriate language or music.
- _____ Mats in the pit are to be moved and removed with staff permission only.
- _____ Improper use of mats is not allowed.
 - a. This includes forts, bending of mats and stacking more than 2 mats.
- _____ No use of chalk.
 - a. Exception for team girls level 3+, bronze+ and boys level 3+.

Open Gym Discipline Policy

- If you fail to follow any of these rules, you will receive a verbal warning.
- If you are given a 2nd warning, parents will be notified and asked to pick up their child immediately. You will not be able to participate in the remainder of the day's open gym.
- If you come back after receiving two warnings and fail again to follow the rules, you will receive a third written warning, parents will be notified and asked to pick up their child immediately. The child will not be allowed to attend open gyms for the remainder of the current season.