

Open Gym is an awesome opportunity to explore the possibilities of floor gymnastics in a safe, fun environment. For class & team members, Open Gym provides some extra practice time to polish up on more challenging skills or just have fun at the same place practices and classes are held! Heat instructors will supervise and may provide spotting - depending on attendance.

Because safety is always our number one goal all participants must review Heat's **Open Gym Policy** (see reverse). All participants must also turn in a filled out and signed **Risk and Liability Waiver** (see reverse).

*\$5 Team/Class Members; \$7 Non-Members*

# Open Gym

**Every Friday 6-8:30pm — Ages 12-18**  
**Every Saturday 1-3pm — Ages 12 & Under**

Why go to a gymnastics gym when you can come to **Heat?**



HEAT ATHLETIC CENTER

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# Open Gym Policy

- I. Open Gym is a time to practice and perfect *familiar* skills; it is not a time for experimenting with brand new, unfamiliar skills.
- II. Open gym is offered to provide an opportunity to increase strength and proficiency at floor gymnastics skills—it is not a Day Care.
- III. Spotting may or may not be available—depending on that days attendance.
- IV. Students attending Open Gym are required to:
  - i. Understand and comply with all Heat policies and rules for general safety.
  - ii. Turn in a filled out and signed **Risk and Liability Waiver**.
  - iii. Sign in and out on the attendance sheet.
  - iv. Wear appropriate clothing and footwear.
  - v. Have made prior arrangements to ensure they have a means of leaving Heat at the conclusion of Open Gym.
- III. Conduct
  - a. Absolutely no horseplay, running, or misuse of equipment will be tolerated.
  - b. Respect must be shown for the gym equipment as well as Heat staff at all times.
- IV. Students who do not comply with this policy will be asked to leave and shall forfeit their Open Gym privileges.

## Risk & Liability Waiver

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Attendee Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Liability Waiver and Indemnity Agreement:

As conditions of the participation of the student described above (“my child”) in any of the programs conducted by HEAT Cheer including but not limited to tumbling, gymnastics, cheerleading, stunting whether conducted on or off the premises of HEAT Cheer, I agree to the following:

- I. I waive any claim for bodily injury, personal injury or property damage against HEAT Cheer, its directors, employees, agents and insurers (collectively, “HEAT Cheer”), and any owners or lessors of the premises and any equipment used in connection with any programs of HEAT Cheer, arising out of our child’s participation in any of the programs of HEAT Cheer whether on or off HEAT Cheer premises, or travel for the purpose of participating in any such programs or events.
- II. I understand that this waiver extends to injuries incurred by any member of my family, including my child identified above, any other family member, or myself.
- III. This agreement shall remain in effect as long as and whenever our child participates in any activity at or with HEAT Cheer.
- IV. If this agreement is not effective to waive liability on behalf of our child, any other family member, or ourselves we further agree to indemnify HEAT Cheer for its liability including all costs, fees, and expenses incurred by HEAT Cheer in connection with such liability.

### 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.

My son or daughter has read, understands, and will comply with Heat’s Open Gym Policy.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_