



## **Adult Responsibilities Rollie Pollies Class**

- Follow all coach's instructions.
- Stay with your child at all times.
- Encourage your child to take turns and wait in line.
- Insist upon kind and courteous interactions among your child and other students in class.
- If your child is not participating at a particular event do not wander away from the group. Instead, sit with your child and watch the activities, or stay on one favorite piece of equipment within the event.
- Encourage your child to follow the sequence of the obstacle courses, performing appropriate skills at each place in the circuit (an appropriate skill may simply be walking over a mat or touching a bar). Sequencing is part of the daily lesson.
- Look to the instructor for help with spotting techniques and skill progressions.
- Younger siblings are only allowed in the class if they can be kept in a carrying pack, or baby seat. Crawling infants are not allowed in the floor.
- We require a ratio of one parent to one child for the safest and most productive class. Older siblings, friends, and relatives are invited to watch from the waiting areas, but are not allowed on the floor.
- Please do not talk or text on cell phones during class.
- Have fun with your child!



## **Rollie Pollies Class Adult Release Form**

### **Release of Liability-Please Read Carefully**

By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coach are; no matter how many spotters are used; no matter what height is used or what landing surface exists; the risk cannot be eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. Although it is very unlikely, the risk also includes catastrophic injuries such as permanent paralysis and even death from landing or falls on the back, neck, or head. Basic first aid will be administered for all minor injuries. Parents, paramedics, an ambulance, or doctors may be called when necessary.

I, despite all reasonable precautions implemented for safety, am fully aware of and appreciate the risks, as well as other damages and losses associated with participation in the programs or activities. I knowingly and willingly assume all such risks. Consequently, I hereby for myself, heirs, executors, and administrators, do waive and release any and all rights and claims for damages against The Oregon Gymnastics Academy, Board of Directors, Parents Clubs, Coaches, Employees or other members or representatives of the academy, whether paid or volunteer, from personal injury or accident of any sort or nature suffered by me, the undersigned, by reason of participation or membership in classes, lessons, or any programs or activities of OGA.

Name of Child Participant: \_\_\_\_\_

Name of Adult Participant: \_\_\_\_\_

Signature of Adult Participant: \_\_\_\_\_

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