



Birthday Booking form

Date of party	
Time	
Child's name	
Age	
Contact details	
Party option 1 / 2 / 3	
Total price	
Deposit paid & date	
Balance payable on the day	
Coaches	

Disclaimer

Gymnastics/FreeG activities have an inherent risk of injury and although the club will endeavour to minimise any risk, accidents may still happen. It is essential that all participants abide by the safety rules and codes of conduct at all times. The participants are required to ensure that they are physically fit and healthy to participate, particularly after illness or injury.

I understand that the non-structured portion of the party is under the supervision of the other adults/parents present. There will be a member of staff available throughout this time. The responsibility for the children and their safety lies entirely with the parents/supervising adults. CGC Leisure Ltd will take no responsibility for any injuries caused as a result of a parent/adult not supervising the children. For the structured portion of the party, please advise the coach prior to the warm up of any issues/concerns or injuries.

In signing this disclaimer, I declare that I understand the element of risk for the participants and will adhere to the safety rules and code of conduct.

Signed..... Parent / Carer. Date.....



Safety Rules and Code of Conduct

Main Safety Rules.

- A Waiver must be signed before commencement of any activities for each participant.
- Please ensure all shoes are removed prior to entering the gym.
- Hair is to be tied back securely.
- Suitable clothing should be worn. No hoodies, dresses etc. Shorts/leggings, t-shirts are suitable.
- No belt buckles, beads or studs in clothing.
- Participants must remove jewellery, and sharp objects that might cause injury or tear mats (pockets must be emptied of all objects too.)
- No drinks or food permitted in the gym area.
- Do not attempt any activity beyond your skill level.
- Only ONE participant on the trampoline at a time.
- No double bouncing on the trampoline.
- Always land on two feet or your seat (bottom)
- Do not operate mobile phones, cameras or similar equipment whilst on any gym equipment.
- Any injuries that have occurred within the gym must be reported to the coach/staff member before leaving the premises, in order that the relevant accident forms are completed.
- It is mandatory that all participants abide by CGC rules

Foam pit Safety.

- Remove items from your pockets.
- Remove jewellery.
- Never dive head first into the pit. It will hurt.
- Do not jump in until the pit is clear and safe to do so.
- Land safely on your feet, seat or back.
- Exit as quickly as you can.

- Don't bury yourself or others in the pit – somebody else may land on you.
- Items lost in the pit cannot be retrieved until scheduled maintenance.

Code of Conduct.

- Adult supervision is required at all times for the non-structured portion of the party.
- Treat equipment with respect.
- Treat all coaches/staff members with respect.
- It is not acceptable to be abusive or rude to any coach/staff member at any time.



CGC Leisure LTD Waiver

I (Parent/Guardian) hereby acknowledge that their (Child) participation in the party activities entails known and unknown risk that could result in physical or emotional injury, paralysis, death or damage to themselves, to property or to third parties.

I confirm that I (Parent/Guardian) know of no medical, physical or mental conditions or have not had a medical condition which may make their participation in the party activities dangerous, or increase risk of injury to themselves or others, or make it more likely that they will be involved in an accident which could result in injury during the party activities.

I (Parent/Guardian) acknowledge that they have read the Safety Rules and Code of Conduct and has discussed it with the participant and warrant that they will comply with these at all times whilst on the premises from which the party activities will be carried out.

I (Parent/Guardian) understand that the participant warrants that they will only carry out moves and tricks that are within their ability and of which they are able to retain control at all times. Moves and tricks are performed at the participants own risk.

I (Parent/Guardian) understands that the participant acknowledges that CGC Leisure LTD is not liable for damage or loss to them, third parties or property however incurred whilst undertaking party activities or on the premises belonging to CGC Leisure LTD.

I (Parent/Guardian) understand that the non-structured portion of the party is under the supervision of the other adults/parents present. The responsibility of the children and their safety lies entirely with the parents/supervising adults. CGC Leisure LTD will take no responsibility for any injuries caused as a result of a parent/adult not supervising the children.

I (Parent/Guardian) and the participant expressly agrees and promises to accept all risk existing and subsisting in the party activities and acknowledge that their participation in the party activities is voluntary and that they

elect to participate in spite of the risks. I (Parent/Guardian) and the participant releases and agrees to indemnify CGC Leisure LTD, together with its equipment, from any and all claims, demands or courses of action which are in any way connected with the participation in the party activities.



Waiver Agreement Form

I (Parent/Guardian) confirm that I have read the Waiver and fully understand its terms. If applicable, I assert that I have explained the risks of the party activities to my child or ward and that he or she understands the Waiver.

Signed _____ **(Parent/Guardian)**

Date _____

Waiver Type.

I am completing this waiver as a participant. I certify that I am 18 years of age or older.

I am completing this waiver as a parent or legal guardian of a minor/ward. I certify that I am 18 years of age or older.

Participants Details.

First Name	Surname	D.O.B	Female/Male

Emergency Contact Details.

Parent/Guardian's Name	Home Phone	Mobile

Any additional or relevant information.



Waiver Agreement Form for Group Bookings

I (Parent/Guardian) confirm that I have read the Waiver and fully understand its terms. If applicable, I assert that I have explained the risks of the Party activities to my child and that he or she understands the Waiver and Safety Rules and Code of Conduct.

<u>Child Name</u>	<u>D.O.B</u>	<u>M/F</u>	<u>Parents Name</u>	<u>Emergency Contact Details</u>	<u>Date</u>	<u>Read Waiver Signature</u>

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