



MITCHELL GYMNASTICS CLUB

214 Cooper Street, Mitchell, Ontario, N0K 1N0

Phone 519 348-0244 Info: www.mitchellgymnasticsclub.ca Email: m.chessell@ezlink.ca

NOTE: No parent viewing area ... NO Parent waiting room SPOTS 'FIRST COME BASIS'



GYMNASTICS JANUARY 2024

☐ **Session #2 January 8 - April 27/2024**

AVAILABLE SPOTS FOR CLASSES AS OF OCTOBER 24, 2023 CHANGES DAILY

All items in this section are mandatory PRINT CLEARLY ** 1 form per gymnast

PRINT CLEARLY- ALL class correspondence is done by email please use one that you read regularly

Email Address Mandatory>

Gymnast: _____ Age: _____

Address: _____

Town/City: _____ Postal Code: _____ Birth Date: _____

Parents: _____ CONTACT: 1 Cell #: _____

PLEASE CHECK A FIRST/SECOND/THIRD CLASS CHOICE AS CLASSES FILL UP QUICKLY

Classes 2024	Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Saturday AM
Parents & Tots \$155 (1-3 yr) 1parent/1child only					9:00 – 9:45 FULL 9:45 – 10:30 FULL
Kinder Gym \$195 (3-4 yr) Toilet trained/or pull up	5:00 – 5:45 _____ 3 SPOTS 5:45 – 6:30 FULL		5:00 – 5:45 FULL	5:00 – 5:45 FULL	10:00 – 10:45 FULL
Beginner \$225 (5-6 yr)	5:30 – 6:30 FULL 6:30 – 7:30 FULL	5:00 – 6:00 FULL 6:00 – 7:00 FULL 7:00 – 8:00 FULL	5:45 – 6:45 FULL	5:45 – 6:45 FULL	9:00 – 10:00 FULL 10:45 – 11:45 FULL
Junior \$245 (7-9 yr)	6:30 – 7:30 FULL	5:00 – 6:00 FULL 6:00 – 7:00 FULL 7:00 – 8:00 _____ 3 SPOTS		7:15 – 8:15 _____ 9 SPOTS	11:30 – 12:30 _____ 2 SPOTS
Junior/Intermediate Joint \$245 (7-13 yr)			5:00 – 6:00 FULL 6:00 – 7:00 FULL 7:00 – 8:00 _____ 3 SPOTS	5:00 – 6:00 FULL	10:30 – 11:30 FULL
Intermediate \$245 (10-13 yr old)	7:30 – 8:30 FULL				
Gym Teams \$255 1½ hr COACH ASSIGNED				Junior/Intermediate (7-13 yr) 6:00 – 7:15 _____ 4 SPOTS	

Second class per week per session \$200 ☐ **second class day and time:** _____

Discounts: 1. 2+ Gymnasts \$10 off session fee each child per session ☐

FULL Payment WITH REGISTRATION to hold spot Cash ☐ \$ _____

Cheque ☐ ****dated January 1/2024 (Session #2)** Payable to: MITCHELL GYMNASTICS

(Sorry no credit cards/debit or etransfer) DO NOT MAIL REGISTRATIONS **ALL FEES INCLUDE INSURANCE & HST**

DROP BOX AT GYM CLUB 214 COOPER ST. MITCHELL

****ASSUMPTION FORM MANDATORY** *No insurance coverage until full payment received*

GYMNASTICS ONTARIO and MITCHELL GYMNASTICS CLUB

MANDATORY INFORMED CONSENT AND ASSUMPTION OF RISK

AGREEMENT PARTICIPANT INFORMATION CARD 2024

GYMNASTS, please fill out this information in full for each gymnast for insurance purposes. (Please note that this information is confidential and not available to unauthorized individuals)

Gymnasts Name: _____ Date of Birth: _____

Emergency contact: _____ 1 CELL PHONE #: _____

Medical condition related to partaking in gymnastics: _____

Previous injuries related to partaking in gymnastics: _____

Does the gymnast carry and know how to administer/medications? Yes _____ No _____

Other important information/conditions: _____

WARNING! Please read carefully
By signing this document, you will assume certain risks and responsibilities

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of gymnastics and the spectating, orientation, instruction, activities, competitions, programs, and services of Gymnastics Ontario and MITCHELL GYMNASTICS CLUB (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (if Participant is under 18 years old), (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.
2. Gymnastics Ontario, MITCHELL GYMNASTICS CLUB, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization").

By signing: ***We acknowledge we have read and agree to be bound by paragraphs 1 and 2***

Description and Acknowledgement of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards, and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury.
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming.
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction.
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers, and hazards. The risks, dangers and hazards include, but are not limited to:
- a) Privacy breaches, hacking, technology malfunction or damage.
 - b) Executing strenuous and demanding physical techniques and exerting and stretching various muscle groups.
 - c) Vigorous physical exertion, strenuous cardiovascular workouts, and rapid movements.
 - d) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment or apparatus.
 - e) Failure to follow instructions or rules.
 - f) Serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the Participant's body or to the Participant's general health and well-being.
 - g) Abrasions, sprains, strains, fractures, or dislocations.
 - h) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma.
 - i) Physical contact with other participants, spotters, spectators, equipment, and hazards.
 - j) Collisions with walls, any gymnastics apparatus, floors, or mats.
 - k) Falling, tumbling, or hitting any gymnastics apparatus, the floor, mats, or other surfaces.
 - l) Failure to act safely or within the Participant's ability or designated areas.
 - m) Negligence of other persons, including other spectators, participants, or employees.
 - n) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.
 - o) Contracting COVID-19 or any other contagious disease.

By signing: ***We acknowledge we have read and agree to be bound by paragraphs 3 and 4***

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant.
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition.
 - c) That the Participant may experience anxiety while challenging themselves during the Activities.
 - d) To comply with the rules and regulations for participation in the Activities.
 - e) To comply with the rules of the facility or equipment.
 - f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way.
 - g) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19.
6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities.
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario.

By signing: ***We acknowledge we have read and agree to be bound by paragraphs 5 to 7***

Acknowledgement

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives

_____	_____	_____
Name of Parent or Guardian (print)	Signature of Parent or Guardian	Date
<i>Mitchell Gymnastics Club 214 Cooper Street Mitchell Ontario N0K 1N0 519 348 0244</i>		

Welcome to Mitchell Gymnastics Club Info 2023/2024

Arrival

Each GYMNAST to arrive **ONLY 5 minutes BEFORE their class time** dressed and ready to go, PLEASE **BE IN THE PARKING LOT FOR PICK UP 5 minutes before their designated class end** to allow for entrance and exit of gymnasts between classes. We ask all parents/drivers to abide by this please. DOORS LOCKED DURING CLASSES, AND OPENED AT CLASS TIME BY COACH TO MEET CHILDREN AT THE DOOR. If you arrive late RING THE DOOR BELL TO THE RIGHT OF THE DOOR AND A COACH WILL COME. Parents will be asked NOT TO ACCOMPANY THEIR GYMNAST into the building, as we no longer have a lobby/waiting area. Parents/guardians are asked to pick up their gymnast outside 5 minutes before expected class end. **DO NOT WAIT IN VEHICLE FOR YOUR CHILD AS OUR PARKING LOT IS BUSY AND VERY UNSAFE FOR THEM TO RUN OUT**

Gymnastics Dress Code Requirements

We try to maintain a flexible outlook on gym attire following some guidelines to ensure each gymnast is dressed safely for participation. Your child is welcome to wear a body suit, but not mandatory. Clothing should not be overly baggy or restrictive, as you want your child to be able to move easily, but not have so much room in their clothes that they become a tripping hazard. Your child may wear a sweatshirt at the beginning of class as the weather cools off, but ensure that it is easily removed as they do get warm during class. **NO JEANS OR PANTS WITH EXPOSED ZIPPERS, SNAPS ETC.** as it can damage the equipment, as well as jeans are very difficult to do gymnastics in. **APPROPRIATE DRESS:** * shorts *t-shirt (short or long sleeved) *pants (should not go below the ankle and must not be too big)

IF YOU ARE CONCERNED YOUR TRAINED CHILD IS SUBJECT TO BATHROOM ACCIDENTS, WE ASK THAT YOU USE A PULL UP FOR CLASS PLEASE

Hair Requirements

It is MANDATORY that anyone with hair below cheek length including bangs be tied back out of face with a pony tail, barrettes, or clips. We ask that you enforce this before class throughout the year please. It can create a great danger to your child if they cannot see when they are doing gymnastics, and we would like to prevent injuries at all costs. If your child's hair is not tied back, they will not be allowed to participate, we do try to be accommodating, but safety is not negotiable. Older students, please note that this year there are no exceptions to this rule and we appreciate parents' support!

Drink Breaks

We provide drink breaks, your child **SHOULD bring their own drink** to class **clearly labelled with their name**

Club Activities and Correspondence

Our website is a good place to keep track of activities at the club. If you have a question about something coming up at the club – cancellations etc. the website is the first place to go. www.mitchellgymnasticsclub.ca

All correspondence and reminders will come by way of email so please be sure to read the emails as they arrive. Due to our numbers, we are unable to phone people so if you take a positive approach to keeping up to date it would be appreciated. Please put all requests/questions in writing either by email or at the club on the forms there. Verbal ones are really easy to forget especially with amount of activity that is happening at the club during and between classes

Inclement Weather:

Please note we are not able to make up CANCELLED days due to the availability of extra class time. We will TRY TO cancel classes by 4:00 pm at the latest if the weather looks to be unsafe for driving for students/staff; – we have a large number of out-of-town members as well as staff. **Please check your email before leaving to come to class if the weather looks unsure as we will send out an email BY 4 PM. if a class has been cancelled.** Sometimes weather turns during class and we will email you if you need to pick up your child or call the emergency number you supplied.

Club Phone and Hours:

Please note our club is open: Monday - Thursday 5:00 – 8:30 pm and Saturdays 9:00 am to 1:00 pm. We do not take registrations or cancellations of classes over the phone – you must email Michelle at m.chessell@ezlink.ca

We work very hard to provide a program that encourages fun while learning in a child and family friendly atmosphere; so, we encourage an open line of communication to provide you with the best service possible. We can be reached in the following ways: **Jen Daum** Owner/Head Coach Michelle Chessell Administrator Email: m.chessell@ezlink.ca

519 348 0244 office

Mitchell Gymnastics Protocols 2023/24

- **PLEASE DO NOT HAVE YOUR CHILD ATTEND CLASS IF THEY ARE UNWELL**
- ANYONE WHO HAS ANY SYMPTOMS OR FEELING UNWELL WE ASK YOU DO NOT ATTEND CLASS. If your child has any signs of any unwellness PLEASE KEEP THEM HOME. **Please ask them prior to attending class.** If you child becomes sick during class, we will make a call to the phone number we have on file as soon as we are able to make the call – if unsure keep them home please
- Participants are asked not to attend classes if either they or a household member has had onset of illness or tested positive to Covid or awaiting a Covid test result or lab-confirmed COVID-19
- We have some **staggered start times for classes** – please be aware of your child's times – if the door is closed when you arrive, please wait for a coach to open it to start classes. If you are late, please ring the door bell to the right of the door so a coach can let you in
- All gymnasts will need to **bring their own water bottle fully labeled and will need to make sure to take with them at the end of their class**
- **ALL REGISTERED GYMNASTS MUST SIGN THE *Assumption of Risk Agreement and Facility Declaration* supplied by Gymnastics Ontario; must be completed by all participants/members before starting classes with their registration form to participate**
- **Payments in full are due before the first week of classes and will be cashed usually the second week of classes**
- **ALL Kinder Gym gymnasts** if not fully toilet trained, please *wear a pull-up to class* to eliminate accidents
- Parents are asked **NOT TO ACCOMPANY THEIR GYMNAST** into the building as we no longer have a lobby. Parents/guardians will pick up their gymnast outside. Instructors will greet your gymnast at the door help them with their coats etc. and take them to their class, as well when leaving the club, a coach will be at the door
- **Each class to arrive ONLY 5 minutes BEFORE their class time dressed and ready to go and be PICKED UP 5 minutes before their designated class end to allow for entrance and exit of gymnasts. We ask all parents/drivers to abide by this schedule please**
- *Parents and Tots class is ONE PARENT per gymnast only please, we do not offer a waiting area for parents*
- *Once classes are over athletes are asked to gather their belongings and wait in the designated area at front door for parental pick – we ask that they do not run across the parking lot as it tends to be busy*
- Lost and found items left from one week will be kept until the following week only, so please be sure to pay attention to missing items not returning home from week to week
- We have hand sanitation units for gymnasts to use if they desire
- Chalk is available for any athlete who uses chalk on uneven bars. Athletes should not share personal training equipment (e.g., grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.)
- Everyone must practice personal safety measures such as coughing/sneezing into arm
- **If you have any protocol questions, please direct them to myself – as I am the Health and Safety person for the club so that way the answers are consistent**

We ask that if you have a concern or question that you email m.chessell@ezlink.ca and we will address them as soon as possible, we appreciate your understanding and co operation!

Jen and the staff are happy to be teaching your children the great sport of gymnastics, and look forward to making gymnastics a fun and welcoming place to come, so with everyone's full co operation to these procedures, we are positive this will be easy to accomplish.

Thanks Jen and Michelle Mitchell Gymnastics Club, 2023/2024