

DECEMBER 21, 2024

MITCHELL GYMNASTICS Winter/Spring 2024/2025 new registration process. SECOND/MINI SESSIONS ARE FILLING UP QUICKLY....

This year we are doing registration by email only - online registration ... REGISTRATION IS NOW OPEN FOR JANUARY AND MINI SESSION 2025 ...

1. Registration will be done by email only this year - based on the date and time of receipt of your email with completed registration forms and payment.
2. Please be sure to include your email address on your form - even though we are doing registration by email we need it on the form as well.
3. If you want to register for just one, both sessions you must register for those now to hold your spot.
4. Our registration form is a fillable pdf form that you can fill in on your computer (no need to download just open form), then save it as it is a pdf form, and attach pdf to an email and send back to us at m.chessell@ezlink.ca - all registrations will be based solely by email and attached registration date and time of receipt only. Do not fill in and drop forms at club without emailing to us first as there is no way of recording receipt or reserving your class spot.
5. Class sizes are limited and once a class is full - it is full - we will have to move you to your second- or third-class choice so be sure to choose secondary class days/times on your registration form.
*We cannot guarantee any class and will do our best to accommodate, however all registrations will be based on email receipt date and time as well as class size. Please note the class spots presently available as of **DECEMBER 21, 2024** in red below each class day and time. Those spaces will be updated periodically so please note a 2nd and 3rd choice.
6. If we do not have any spots available based on the time and date of receipt of your registration you can go on a wait list.
7. We will need a SEPARATE REGISTRATION FORM FOR EACH CHILD FOR EACH SESSION AS WELL AS SEPARATE PAYMENT FOR EACH CHILD FOR EACH SESSION. **PAYMENT FOR JANUARY SESSION WILL BE DUE AT FIRST CLASS AS CLUB IS CLOSED FOR HOLIDAYS**, MINI SESSION IS DUE JANUARY 14, 2025 for your MINI REGISTRATION spot to be held.
8. If you prefer to pay in cash - we will either accept the cash in a sealed envelope with child's name and class (envelopes IN HOLDER AT FRONT DOOR OF CLUB) or you can hold your spot with a post-dated cheque and then deliver cash the first week of classes - after the first week of classes if you have not paid by cash, your cheque will be cashed.
9. Cancellation of classes MINI SESSIONS at no charge will be honored until December 15, 2024
10. We now have a secure drop box at the gym club only IN THE DOOR - and we will have envelopes and forms available for you to drop off your payment IN HOLDER ON WALL BY FRONT DOOR) - please note your payment must be clearly labeled with child's name and class day and amount paid.
11. We will acknowledge each registration email received, and your receipt will be your email copy of your registration - we do not issue individual receipts due to volume of gymnasts so please be sure to save your email/registration forms.
12. We are offering a new class: NEW - PLAY PASS CLASS for 6 months to 4-year-olds on a monthly basis from 10 - 11 am Tuesday mornings, where you can come and help them in gymnastics. It is only a monthly registration and will be \$40.00 per month - the first month you join is \$55.00 to pay for your Gymnastics Ontario fees.

Regular general question emails and registrations we will try to answered at the end of every day except Saturday/ Sunday. If you have not received an email within 48 hours please resend.

Remember classes are age based, our advanced classes are set by the coaches so if you were in an advanced class previously you will be able to register for those classes again, however, please note if you were not in those classes in the past, we will not be able to place you there without an ok from Jen.

Thanks Michelle



Mitchell Gymnastics Club

Jen (Chessell) Head Coach
Michelle Chessell, Administrator
214 Cooper St. Mitchell Ont.
m.chessell@ezlink.ca



MITCHELL GYMNASTICS CLUB

214 Cooper Street, Mitchell, Ontario, N0K 1N0

Info: www.mitchellgymnasticsclub.ca Email: m.chessell@ezlink.ca

NOTE: No parent viewing area ... NO Parent waiting room



GYMNASTIC Registration ALL SESSIONS 2024/25

FALL FIRST SESSION CLASSES ARE FULL

☐ Session #1 SEPTEMBER 9th - DECEMBER 14th /2024

This section is mandatory PRINT CLEARLY ** 1 form & payment 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 #: _____

SPOTS FIRST COME BASIS AS OF SEPTEMBER 10/24 - CLASS CONFIRMATIONS BY EMAIL

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

Classes 2024	Monday PM	Tuesday AM/PM	Wednesday PM	Thursday PM	Saturday AM
NEW PLAY PASS \$40/MTH (6 months – 4 yr) (\$55.00 1 ST MTH- FEES)		10:00–11:00 AM ____ 2 spots			
Parents & Tots \$165 (1-3 yr) 1parent/1child			NEW CLASS 5:00 – 5:45 PM FULL		9:00 – 9:45 FULL 9:45 – 10:30 FULL
Kinder Gym \$205 (3-4 yr) <u>Toilet trained/or pull up</u>	5:00 – 5:45 FULL 5:45-6:30 FULL	5:00-5:45 FULL	5:00 - 5:45 FULL	5:00 – 5:45 FULL	10:00 – 10:45 FULL
Beginner \$235 (5-6 yr)	5:00 – 6:00 FULL 6:30 – 7:30 FULL	5:45 – 6:45 FULL 6:45 – 7:45 FULL	5:45 – 6:45 FULL	5:45 – 6:45 FULL	9:00 – 10:00 FULL 10:45 – 11:45 FULL
Junior \$255 (7-9 yr)	6:00 – 7:00 FULL	5:00 – 6:00 FULL 6:00 – 7:00 FULL	6:00 – 7:00 FULL	5:00 – 6:00 FULL	11:30 – 12:30 FULL
Combo \$255 (Jr/Int 7–13 yr)					10:30 – 11:30 FULL
Intermediate \$255 (10-13 yr old)	7:00-8:00 FULL	7:00 – 8:00 FULL	7:00 – 8:00 FULL		
Gym Teams \$265 1¼ hr COACH ASSIGNED ONLY				Junior/Intermediate (7-13 yr) 6:00 - 7:15 ____ ADVANCED (7+yr) 7:15-8:30 ____	

Discounts: 2 or more family Gymnasts registered take \$10 off session fee each child per session ☐

FULL Payment WITH REGISTRATION ONLY to hold spot BY AUGUST 27/24 ☐ Cash ☐ Cheque

***Cheques postdated: September 1 /2024 Session #1 -14 weeks**

DROP BOX AT GYM CLUB 214 COOPER ST. MITCHELL

Payable to: MITCHELL GYMNASTICS (sorry no credit/debit or etransfer) DO NOT MAIL REGISTRATIONS

****ASSUMPTION FORM MANDATORY No insurance coverage until full payment received FEES INCLUDE GO fees/ INSURANCE/ HST**



MITCHELL GYMNASTICS CLUB

214 Cooper Street, Mitchell, Ontario, N0K 1N0

Info: www.mitchellgymnasticsclub.ca Email: m.chessell@ezlink.ca

NOTE: No parent viewing area ... NO Parent waiting room



GYMNASTIC Registration ALL SESSIONS 2024/25 OPEN TO ALL GYMNASTICS STUDENTS

Registration form/payment must be received before SEPT. 27TH, 2024
TO HOLD SPOT – EMAIL REGISTRATIONS ONLY

☐ Session #2 JANUARY 6th - APRIL 26th /2025

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 #: _____

SPOTS 'FIRST COME BASIS' AS OF DECEMBER 21/24- CLASS CONFIRMATIONS BY EMAIL

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

Classes 2024	Monday PM	TuesdayAM/PM	Wednesday PM	Thursday PM	Saturday AM
NEW PLAY PASS \$40/MTH (6 months – 4 yr) (\$55.00 1 ST MTH- FEES)		10:00–11:00 AM ____ 4 spots			
Parents & Tots \$165 (1-3 yr) 1parent/1child			5:00-5:45 PM FULL		9:00 – 9:45 FULL 9:45 – 10:30 FULL
Kinder Gym \$205 (3-4 yr) Toilet trained/or pull up	5:00 – 5:45 FULL 5:45-6:30 FULL	5:00-5:45 FULL	5:00 - 5:45 FULL	5:00 – 5:45 FULL	10:00 – 10:45 FULL
Beginner \$235 (5-6 yr)	5:00 – 6:00 FULL 6:30 – 7:30 FULL	5:45 – 6:45 FULL 6:45 – 7:45 FULL	5:45 – 6:45 FULL	5:45 – 6:45 FULL	9:00 – 10:00 FULL 10:45 – 11:45 FULL
Junior \$255 (7-9 yr)	6:00 – 7:00 FULL	5:00 – 6:00 ____ 3 spots 6:00 – 7:00 FULL	6:00 – 7:00 FULL	5:00 – 6:00 FULL	11:30 – 12:30 ____ 3 spots
Combo \$255 (Jr/Int 7–13 yr)					10:30 – 11:30 FULL
Intermediate \$255 (10-13 yr old)	7:00-8:00 FULL	7:00 – 8:00 ____ 4 spots	7:00 – 8:00 FULL		
Gym Teams \$265 1½ hr COACH ASSIGNED ONLY				Junior/Intermediate (7-13 yr) 6:00 - 7:15 ____	

Discounts: 2 or more family Gymnasts registered take \$10 off session fee each child per session ☐

FULL REGISTRATION: PAYMENT DUE FIRST CLASS club is closed till Jan. 6/25 Cash ☐ Cheque ☐

***Cheques postdated: JANUARY 1 /2025 Session #2 -15 weeks (EXTRA WEEK ALLOWS FOR SNOW DAY ETC)**

DROP BOX AT GYM CLUB 214 COOPER ST. MITCHELL

Payable to: MITCHELL GYMNASTICS (sorry no credit/debit or etransfer) DO NOT MAIL REGISTRATIONS

****ASSUMPTION FORM MANDATORY No insurance coverage until full payment received FEES INCLUDE GO fees/ INSURANCE/ HST**



MITCHELL GYMNASTICS CLUB

214 Cooper Street, Mitchell, Ontario, N0K 1N0

Info: www.mitchellgymnasticsclub.ca Email: m.chessell@ezlink.ca

NOTE: No parent viewing area ... NO Parent waiting room



GYMNASTIC Registration ALL SESSIONS 2024/25 OPEN TO ALL GYMNASTICS STUDENTS

Registration form/payment must be received before SEPT. 27, 2024

TO HOLD SPOT – EMAIL REGISTRATIONS ONLY

☐ Session #3 MINI APRIL 28th – JUNE 28th /2025

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 #: _____

SPOTS 'FIRST COME BASIS' AS OF DECEMBER 21/24 – CLASS CONFIRMATIONS BY EMAIL

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

Classes 2024	MondayAM/PM	TuesdayAM/PM	Wednesday PM	Thursday PM	
NEW PLAY PASS \$40/MTH (6 months – 4 yr) (\$55.00 1 ST MTH- FEES)		10:00–11:00 AM ____ 6 spots			
Parents & Tots \$125 (1-3 yr) 1parent/1child	9:30-10:15 AM ____ 8 spots		5:00 - 5:45 ____ 8 spots		
Kinder Gym \$170 (3-4 yr) Toilet trained/or pull up	5:00 – 5:45 ____ 7 spots 5:45-6:30 ____ 5 spots	5:00-5:45 ____ 8 spots	5:00 - 5:45 ____ 8 spots	5:00 – 5:45 ____ 5 spots	
Beginner \$200 (5-6 yr)	5:00 – 6:00 ____ 5 spots 6:30 – 7:30 ____ 8 spots	5:45 – 6:45 ____ 4 spots 6:45 – 7:45 ____ 7 spots	5:45 – 6:45 ____ 2 spots	5:45 – 6:45 ____ 5 spots	
Junior \$220 (7-9 yr)	6:00 – 7:00 ____ 2 spots	5:00 – 6:00 ____ 9 spots 6:00 – 7:00 ____ 5 spots	6:00 – 7:00 ____ 4 spots	5:00 – 6:00 ____ 7 spots	
Intermediate \$220 (10-13 yr old)	7:00-8:00 ____ 5 spots	7:00 – 8:00 ____ 8 spots	7:00 – 8:00 ____ 4 spots		
Gym Teams \$230 1½ hr COACH ASSIGNED ONLY				Junior/Intermediate (7-13 yr) 6:00 - 7:15 ____	

Discounts: 2 or more family Gymnasts registered take \$10 off session fee each child per session ☐

FULL REGISTRATION: PAYMENT LAST DUE DATE JANUARY 15, 2025 ☐ Cash ☐ Cheque

****Cheques postdated: APRIL 28 /2025 Session #3 - 9 weeks**

DROP BOX AT GYM CLUB 214 COOPER ST. MITCHELL

Payable to: MITCHELL GYMNASTICS (sorry no credit/debit or etransfer) DO NOT MAIL REGISTRATIONS

****ASSUMPTION FORM MANDATORY** No insurance coverage until full payment received FEES INCLUDE GO fees/ INSURANCE/ HST

GYMNASTICS ONTARIO and MITCHELL GYMNASTICS CLUB

MANDATORY INFORMED CONSENT AND ASSUMPTION OF RISK

AGREEMENT PARTICIPANT INFORMATION CARD 2024/25

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

Welcome to Mitchell Gymnastics Club Info 2024/2025

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.

ALL REGISTRATIONS, CANCELATIONS ETC to be emailed only to: 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

Mitchell Gymnastics Protocols 2024/25

- **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 your 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
- 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 SEPTEMBER 27, 2024 and cashed the END OF THE FIRST 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 so we can get out staff home on time as well**
- *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, 2024/2025