

# Friday Night Flip Out Guidelines & Rules



Updated 1/5/15

## APPROPRIATE ATTIRE

- BARE FEET or Cheer Shoes ONLY
- All participants MUST wear appropriate gym attire: NO JEAN, skirts, dresses or other non-workout clothes. Clothes need to be free of buttons, zippers, buckles and snaps.
- No jewelry should be worn in the gym

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Parent Initials

## PIT

- THE PIT CANNOT BE USED WITHOUT COACH SUPERVISION.
- DO NOT ENTER THE PIT HEAD FIRST.
- Feet first landings only in the pit. Do not land on your stomach.
- Look before entering the pit.
- No jumping off the vault table into the pit.
- Do not enter the pit with objects in your pockets.
- Do not bury yourself in the pit. Keep your head above the blocks at all times.
- Do not throw blocks out of the pit.
- Do not pick apart the foam blocks.

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## OFF-LIMIT AREAS

- No playing under the pit during FNFO. Preschool Props may not be taken out either.
- High Rings and Pit Rings
- AAI Competitive Beams
- High Bars and Strap Bars

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Parent Initials

## GENERAL RULES

- TO ENTER THE GYM YOU MUST HAVE A SIGNED WAIVER ON FILE AND A WRIST BAND ON YOUR WRIST or A STAMP ON YOUR HAND. Non-participants may NOT enter the gym area.
- Participants under the age of 5 must be directly supervised on the floor by a parent with a signed waiver on file with the office.
- ALL participants under the age of 18 years must be signed in and out by their parent or adult driver.
- Be aware of your surroundings at all times.
- Do not run through the gym.
- Tumbling is allowed in designated areas only.
- Do not attempt any skills unless you have been properly trained and can do them safely.
- Rough housing and throwing equipment or gymnastics props is not allowed.
- Gymnastics chalk may not be used to draw on mats or other gym surfaces.
- Food, drinks, candy, etc are NOT permitted in the gym.
- Teenage participants, who are dropped off for FNFO, must wait inside until picked up by parents or driver. NO WAITING OUTSIDE.
- IEGA is not responsible for lost or stolen items. When you bring cell phones, ipods/ipads, etc., you do so at your own risk.
- Please respect the gym, equipment, staff and other Open Gym participants.

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Parent Initials

*Inland Empire Gymnastics Academy (IEGA) reserves the right to remove any participant from Open Gym who is disrespectful or behaving in an unsafe manner as determined by IEGA staff. Participant(s) asked to leave will NOT receive a refund.*

Name: (Last, First): \_\_\_\_\_

(Office Use ONLY)

# Parking at Inland Empire Gymnastics Academy

Inland Empire Gymnastics Academy has limited parking directly in front and behind our building, which we know makes parking a challenge at certain times of the day and evening. However it is important for all of our customers to understand that parking or waiting in your car directly across the parking lot is not allowed and that our neighbors will tow. Please help us maintain a civil relationship with our neighbors by adhering to all posted No Parking signs, even after business hours. Additional parking is available after 5:00 PM directly across the street or in the lot to the west of our building. Thank you for your help with this important issue.

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## IEGA Event Participant Release Form - Youth

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

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Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

*My child has permission to participate at an Inland Empire Gymnastics Academy event. I understand that the very nature of the sport of gymnastics and tumbling involves increased risk of personal injury and so I agree to hold harmless and waive any liabilities that Inland Empire Gymnastics Academy, and it's staff, may have to me, or my child, as a result of any injury to my child because of my child's participation in an event held at or sponsored by Inland Empire Gymnastics Academy.*

Parent Name (Printed): \_\_\_\_\_

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

Emergency Contact Information (if we can't reach your parent during the event.)

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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## IEGA Event Participant Release Form - Adult

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

*I understand that the very nature of the sport of gymnastics and tumbling involves increased risk of personal injury and so I agree to hold harmless and waive any liabilities that Inland Empire Gymnastics Academy, and it's staff, may have to me as a result of any injury to myself because of my participation in an event held at or sponsored by Inland Empire Gymnastics Academy.*

Name (Printed): \_\_\_\_\_

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

Emergency Contact Information (In case of an injury during the event.)

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_