

**CITY OF BOULDER GYMNASTICS PROGRAM**  
**Gymnastics Open Gym**  
**ACKNOWLEDGEMENT OF RISK AND RELEASE**

Please read this form carefully and be aware in registering yourself or your child or ward for participation in this program you will be acknowledging the risk and releasing all claims which you may have or you may have on behalf of your child/ward as a result of participating in this program.

Gymnastics is an activity in which, despite preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of injuries such as the following. This list is by no means complete or exclusive, but includes:

- |   |                                     |
|---|-------------------------------------|
| 1. Heart attack, stroke and circulatory problems. | 5. Foot problems.                   |
| 2. Bone and joint injuries.                       | 6. Head, neck, and spinal injuries. |
| 3. Back injury.                                   | 7. Heat stroke or heat exhaustion.  |
| 4. Muscle strain and other muscle injuries.       |                                     |

As a participant or parent/guardian of a participant in the program, I acknowledge that there are certain risks of injury and I agree to assume those risks which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such a program.

I release all claims which may arise against, and agree not to sue, the City of Boulder and its officers, agents, employees and authorized volunteers, on my behalf or on behalf of my minor child/ward as a result of participating in the program.

I further agree to indemnify, hold harmless and defend the City of Boulder and its officers, agents, employees, and authorized volunteers from any and all claims by other parties resulting from injuries, damages, and losses caused by me or my minor child arising out of, connected with, or in any way associated with the activities of the program.

In the event of any emergency, I authorize City officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I understand that this program is not a structured class and that participants may leave the gymnastics facility at any time. For your child's safety and well-being, the City of Boulder Parks and Recreation Department requests that children under 10 years of age not be left un-supervised at any recreation facility, outdoor pool, sports field or park.

I have read and fully understand the above. I understand this agreement shall not be modified orally.

Participant/Child/ Name (print) \_\_\_\_\_

Birth Date \_\_\_\_\_ Age \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Parent/Legal Guardian Name (print) \_\_\_\_\_

Address \_\_\_\_\_ Phone home and cell \_\_\_\_\_

Participant/Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Revised: 11-11-2014

**Open Gym Rules**

- Open gym is available to participants ages 6-18 only.
- All participants must have a waiver signed by a parent or legal guardian prior to participation.
- No street clothing, shoes, socks, or jewelry allowed.
- Cubby holes are provided for shoes etc.
- Do not bring valuables.
- Long hair must be securely tied back.
- Replace all equipment that you get out.
- Do not abuse the equipment. Only use equipment for its intended purpose.
- Activities may be restricted at the discretion of City of Boulder gymnastics staff.
- No horseplay or unsafe behavior will be tolerated.
- No private coaches or parents are allowed in the gym.