



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Monroe County YMCA Informed Consent Form

I realize that gymnastics is a vigorous physical activity that involves height, flight, and rotation, weight-bearing skills on hands and feet, rapid directional change, and equipment that can be the cause of injury if not used correctly.

I understand that participation in the sport of gymnastics involves certain inherent risks that regardless of the precautions taken by the Monroe County YMCA Gymnastics Staff or the participants, some injuries may still occur.

There injuries may include, but are not limited to:

- Muscle tightness/soreness (usually from overuse)
- Joint pain or tendinitis
- Sprains and strains
- Broken bones/fractures
- Dislocations/separations
- Concussions
- Quadriplegia or paraplegia
- Death

These injuries may result from hazards such as:

- Incorrect landing technique (e.g. a gymnast reaching his/her arm(s) behind themselves to prevent falling)
- Falling off of a piece of equipment (e.g. balance beam, uneven parallel bars or vault)
- Stopping in the middle of a skill
- Horse play

The likelihood of these injuries may be reduced by adhering to the following safety rules:

- Safe equipment and gym set-up
- Correct technique while performing skills
- Proper stretching and conditioning
- Proper warm up
- Staying hydrated
- Paying attention at all times
- In some cases of muscle soreness/tightness the use of joint supports (e.g. tiger paws or golden hands/ace ankle supports)

(turn over)

In order to properly protect my own safety and that of my fellow participants, I agree to follow these rules as well as any other rules given to me by the Monroe County YMCA Gymnastics Staff. Further, in recognition of the importance of shared responsibility for safety, I agree to immediately report any noted deviations from the safety rules, as well as any observed hazardous conditions, behaviors, or equipment to a member of the Monroe County YMCA Gymnastics Staff.

I further certify that my present level of physical condition is consistent with the demands of the active participation in gymnastics. Following is a complete list of all of my known health conditions that might affect my ability to participate.

I have carefully read the foregoing document. I have had the opportunity to ask questions and have them answered. Therefore, I am confident that I fully know, understand, and appreciate the risks involved in active participation in gymnastics class at the Monroe County YMCA.

Having been informed of the above program for girls and boys, I, the parents or guardian of the registrant, do hereby give my approval of his/her participation in any and all activities during the current Gymnastics camp/or session. I assume all the risks and hazards incidental to the conduct of the activities, and I do further release, absolve, indemnify, and hold harmless the Monroe County YMCA, the instructors, organizers, sponsors, supervisors, volunteers, and officials, any of all of them. In case of injury to my son/daughter, I hereby waive all claims against the organizers, the sponsors, or any of the supervisors appointed by them. I am voluntarily requesting permission for my son/daughter to participate in gymnastics camp/classes at the Monroe County YMCA.

Name of Participant(s) _____

Signature of Parent/Guardian _____

Date: _____

Children ten (10) years of age or older may sign themselves out of camp with their parents' permission. There is an area on the emergency form where you can list those people who have your permission to pick up your child. If your child is permitted to sign themselves out their name must be listed on that area of their card or we cannot allow them to leave on their own, They may also sign out younger siblings from our camp as long as their name is also listed on their sibling's card.

We will be checking ID at least on the first day of camp (during pick up only). We will also check IF of anyone we do not recognize who comes to pick up a camper. Please remind those people to bring their ID in with them, or we will not allow your child to leave with them. Phone calls to ask to add people to the list will not be accepted. Parents and Guardians may only change name on the list in person.