



**NORTHERNEDGE**  
SPORT ASSOCIATION



**SMITHERS SALTOS**  
GYMNASTICS

## **Assumption and Acknowledgement of Risks For Minors PLEASE READ CAREFULLY**

Re: Use of Premises and Equipment of the Northern Edge Sport Association

To: Northern Edge Sport Association operating as Smithers Saltos Gymnastics (referred to in the document as Smithers Saltos Gymnastics) and its directors, officers, employees, representatives, officials, landlord and agents (collectively referred to in this document as the "Agents").

I have read the guidelines and rules issued for the use of Smithers Saltos Gymnastics premises and equipment, which I understand, and I agree to be bound by them. I further agree to acknowledge that:

1. The rules and guidelines governing the use of the premises and equipment are solely for that purpose, that is, for the use of gymnastics activities, and it remains my sole responsibility to act and govern myself in such a manner as to be responsible for my own safety.
2. I am aware of the risks inherent in participating in gymnastics activities and the use of gymnastics premises, facilities and equipment and I assume the risks and waive notice of all conditions, dangers or otherwise relating to or arising out of such use.

### General Gym Rules

- Do gymnastics safely
- Ask your coach's permission before getting on equipment
- Ask your coach's permission before attempting new skills
- If you leave the class, tell your coach
- Be cautious and aware of your surroundings when moving in the gym

Participants name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_



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