



# FIELD TRIP CONSENT & WAIVER FORM

Please fill in the form for consent to participate in activities at Rideau Gymnastics. If you have any questions, please visit our website or email us at [admin@rideaugymnastics.org](mailto:admin@rideaugymnastics.org).

## PARTICIPANT INFORMATION

NAME OF SCHOOL/ORGANIZATION

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FULL NAME OF PARTICIPANT

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DATE OF BIRTH (dd/mm/yyyy)

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ADDRESS

---

GENDER

☐ F

☐ M

☐ Other

## PARENT/GUARDIAN INFORMATION

FULL NAME OF PARENT/GUARDIAN

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PARENT/GUARDIAN PHONE NUMBER

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\*EMAIL

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EMERGENCY NAME AND PHONE NUMBER

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## SPECIAL INSTRUCTIONS:

Is there any information that the facility should be aware of (e.g., behavioral, medical, physical concerns, etc).

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## PLEASE READ CAREFULLY

### PARTICIPANT ATTIRE

Proper attire on gym equipment is important for safety. Please wear gymnastics leos/suits or any comfortable athletic wear free of strings, hoods, zippers, etc. (strings are dangerous and zippers may damage the equipment and mats).

Participants must be bare feet in the gym (socks/tights can be slippery and dangerous). Gymnastics or water shoes are also acceptable. Please refrain from wearing jewelry or watches in the gym. Small stud earrings are allowed. Long hair must be tied back so that you can see properly.

### SAFETY / DISCIPLINE

Athletes must remain with their coach and in their designated area. Horseplay, disruptive and/or dangerous behaviours will not be tolerated. The program may require an instructor to perform some manual spotting which involves direct physical contact, designed to assist the participant in the safe performance of the program skills.

### FOOD/WATER

Participants are encouraged to bring reusable water bottles. Water bottles remain in the designated areas. No food or chewing gum is allowed in the gym.



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### PLEASE INITIAL AND SIGN

#### CAMERAS

Photography and video in the gym area allowed with staff permission. Photos/Videos of your activity may be taken while your child is with us.

I give permission for Rideau Gymnastics to use them for promotional or educational purposes. \_\_\_\_\_

I do not give permission for Rideau Gymnastics to use photos/videos of my child. \_\_\_\_\_

*In which case it is the parents and school's responsibility to take the necessary steps to ensure that the identification of children who cannot be photographed or recorded is clearly communicated and implemented. Please provide sufficient information.*

#### MEDICAL/EMERGENCY

I authorize basic first aid to be provided to my child by the club staff or other authorities if necessary. I understand and agree that in the event of a medical emergency, Rideau Gymnastics assumes no responsibility for the costs or expenses associated with emergency procedures or transportation for my child. I agree to cover and reimburse Rideau Gymnastics for any such costs and expenses incurred. \_\_\_\_\_

#### WAIVER OF LIABILITY

I understand that gymnastics, trampoline, tumbling, cheerleading, fitness, dance, and similar activities come with inherent risks, which may include the risk of injury, property damage, and related expenses. These risks can even extend to situations where negligence might occur, involving the club, its directors, officers, officials, coaches, volunteers, and others responsible for its operation, including the property owner and management. These risks encompass areas such as the parking lot, entrance, viewing area, change rooms, washrooms, offices, and gymnasium, as well as storage areas within Rideau Gymnastics. I confirm that I have read and understood the description of risks associated with participating in Rideau Gymnastics programs, not only on my behalf but also on behalf of my family. I voluntarily allow my child to participate. I accept full responsibility for my child's actions. \_\_\_\_\_

In consideration of my child's participation in Rideau Gymnastics programs, I hereby waive any and all claims I may have now or in the future and release from all liability Rideau Gymnastics, volunteers and staff, for any of the following: personal injury, death, or property damage or loss. \_\_\_\_\_

I confirm that I have read, completed, and fully understand the policies listed. I agree to be bound by these terms, and I am aware that by signing this agreement, I am waiving certain legal rights against Rideau Gymnastics. This includes the right to sue or claim compensation following an accident. \_\_\_\_\_

Please type your name as signature

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Date

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