

www.vancouverallstarcheer.com
(604) 464 VASC (8272)
gforcegym@gmail.com

G Force Gym and Vancouver All Star Cheer Waiver Form

Dear Parent/Guardian:

In regards to my child(ren) participating at G Force Gym or with the Vancouver All Stars (VAS) cheerleading program(s), I waive any and all claims I may have against and release all liability and agree not to sue G Force Gym, Vancouver All Stars, Elizabeth Gigante Ulrich, G Force Gym / VAS employees, agents or volunteers for any personal injury, death, property damage or loss sustained as a result of my child's participation in the program, arising out of any cause whatsoever.

I am aware of the usual risks and dangers inherent in participation in all of the activities offered at G Force Gym and associated with the Vancouver All Stars Cheer Program and the possibility of injury, death, property damage or loss resulting from the activities.

It is my responsibility to ensure that my child is wearing suitable clothing during participation in all activities associated with the program: athletic attire / team t-shirts, shorts and cheer shoes for practices and uniform and other items deemed necessary by the coaches. This includes braces and/or athletic equipment that an athlete may be required to wear in order to participate.

My child and I have read and understand the G Force Gym and/or Vancouver All Star policies that apply at all times and are in place as safety protection measures. I understand that I must report any and all injuries to my Coach(es) no matter how insignificant they may appear and/or whether or not they were a result of participation at G Force Gym or with VAS.

Accidents can be a result of the nature of the activity and can occur with or without any fault on either part of the athlete, G Force Gym, Vancouver All Stars, its employees, agents or the facility where the activity is taking place. By allowing your daughter/son to participate, you are accepting the risk of an accident occurring and agree that the activities carried out in the course of an activity facility and cheerleading club are suitable for your child.

In signing this Consent and Waiver, I am not relying on any oral or written representation or statements made by Vancouver All Stars, its servants, agents, employees or authorized volunteers to induce me to permit my child to take part, other than set out in the Consent and Waiver.

I am 19 years of age or older and have read and understood the terms of this Consent and Waiver and understand that it is binding upon me, my heirs, executors and administrators.

Name of Child(ren) _____ , _____
_____ , _____

Name of Parent / Guardian _____

SIGNATURE _____

DATE _____

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Policies and Procedures Contract:

Refunds & Membership Cancellation: There are **NO REFUNDS** on membership / Insurance fees. Any request for consideration of a credit for remaining classes in session must be submitted in writing to the Program Coordinator (We accept e-mail requests at gforcegym@gmail.com). All credit considerations will be reviewed from the date the request is received and the decision will be at the sole discretion of the program coordinator. All successful credit applicants will be subject to a **\$20.00 administration** charge.

Gym Rules & Participant Regulations:

1. Athletes must come prepared for class and arrive on time. Please use the back entrance for TEAM Practices.
2. Athletes are asked to wait in the lounge area for their class to commence before entering the training area.
3. No use of equipment is permitted unless under the supervision of a coach.
4. No food or drinks (except water), are to be consumed in the gym area. These are all restricted to the cubbyholes.
5. No shoes can be worn on trampolines or the fast track.
6. No parent or sibling is allowed on the gym floor, equipment or training area; please use designated viewing areas or lounge.
7. **Attendance on Elite and Competitive Cheer Teams is mandatory** since success of the entire team is dependant on each participant. An athlete that is perceived by the coaching staff as unable to make a full commitment will be moved to a different team or removed from the program all together.
8. All missed practices require an "**Absence Request Form**" (available at the office) filled out and handed to the Coach 14 days prior to the absence date. Absence approval are at the sole discretion of the team Coach and special arrangements (private classes to learn missed material or extra practices etc...) will be organized.
9. Refunds will not be given for missed classes/practices.
10. A \$25 surcharge will be assigned to any deposit or cheque that is returned NSF. Repeat offenders will be required to pay with cash or online, only.
11. All injuries must be reported to your Coach immediately no matter how insignificant the injury seems and/or whether or not it is g force gym or cheer-related.
12. Cheerleaders must wear appropriate clothing to the gym and hair must be tied back and away from the eyes. All elite athletes are required to wear a hair bow of choice for each practice. Once athletes receive team shorts and t-shirts, they must be worn to all Saturday and Sunday practices. However, athletes practicing twice a week are permitted to wear optional cheer apparel to their second practice.
13. Absolutely **NO** jewelry may be worn to practices. Keep it all at home.
14. We ask that parents not withhold participation with VAS as a punishment tool, as this not only affects the child, but also punishes an entire team.
15. Athletes are **NOT** allowed to miss practices due to homework or studying. Time management is a large part of what we teach and preach and instilling the idea that "Homework is your first priority **NOT** your first excuse" is a critical component to success at VAS.
16. Athletes' names and/or pictures may be featured on our G force Gym / VAS Website. By signing this policy form, you give permission for G force Gym / VAS to use their picture and/or likeness and/or name on public documents like newsletters and websites.

Name of Child(ren) _____ , _____
_____ , _____

Name of Parent / Guardian _____

SIGNATURE _____

DATE _____