

PRIVATE LESSONS



Gymnasts first and last names:

Date of birth:

Parent/Guardian name:

Contact phone number:

Email address:

Date of Private Lesson:

Start time:

End time:

Coach name:

The waiver form below must be completed in full before the start of the first lesson.

We only offer refunds for sickness or injury when a valid medical certificate is supplied to NHG Gymnastics. The medical certificate must be provided before a refund will be given.

ESSENTIAL RULES:

- Long hair tied back
- Wear appropriate clothing – Nothing too baggy please and bare feet
- Listen carefully to your coach
- No running in the gym
- Only do what your coach tells you to do on our equipment
- Your safety comes first, and equipment can be hazardous. Please use all apparatus carefully.

EQUIPMENT:

Although rare, serious injuries such as spinal fracture can be sustained from falls off high equipment. Other injuries such as fractures, sprains and strains can be sustained on and around all apparatus in the gym. All participants in the gym need to be aware of these risks and treat the equipment with respect, only use equipment for its intended use and work at the level that their individual ability allows them to.

WAIVER:

- By signing below, I acknowledge reading, understanding and accept the statements herein.
- I understand that gymnastics activities involve risk and possible injury to myself, my property or to third parties
- My participation is entirely voluntary and I participate with the full knowledge of the inherent risks involved.
- In case of injury or illness during participation, I authorise medical care at the discretion of the First Aider and/or staff member attending. I accept responsibility for all associated expenses.

Name:

(If participant is under 18 please use name of Parent/guardian)

I have read and understood the Health and Safety information above.

Signature:

Date: