

Important RGA Camp Reminders & Participation Checklist:

- Drop-off is between 8 AM and 8:45 AM. Organized activities begin at 9 AM. If extended hours are needed before or after drop-off and pick-up, please indicate that on your registration form.
- Lunch and 2 snacks are provided for the campers. Please bring a labeled water bottle and indicate if your child has any food allergies. Please note: Regal Gymnastics Academy is NOT a no nut facility so please notify our staff if your child has a nut allergy.
- What to bring: a water bottle, proper gym attire

Please talk to your children about all summer camp safety rules:

- Follow the directions of the coaches at all times
- There is no unsupervised activity allowed in the gym at any time
- Work well with others and keep hands to yourself
- Hair must be pulled back off neck and out of face
- Have a TON of FUN!

Please read and sign below:

Knowledge of risks: Having been informed and fully aware that gymnastics and related activities at Regal Gymnastics Academy involve vigorous physical activity which includes, but is not limited to: height, flight, rotation and twisting in a unique environment, and on various pieces of apparatus; and that gymnastics, and gymnastics related activities always involve certain risks, including but not limited to: death, serious neck and/or spinal injuries, minor injuries to bones, joints, muscles and organs; and further understanding that all mats, pits and other equipment are provided for protection, however may not always prevent injury:

Release: The children being registered have had a medical examination within the last twelve months and are capable of participating in the chosen sport of gymnastics or any physical activity. I authorize any Regal Gymnastics Academy employee to take the necessary steps regarding the administration of first aid and/or authorization of medical treatment for any injury or illness. Participants are expected to carry their own accident and medical insurance.

I hereby acknowledge my understanding of the risks involved in participating in gymnastics and related activities, and in consideration of my child's acceptance into the program, I agree to accept those risks and voluntarily choose to have my child participate.

Please list any prior injuries RGA should be aware of:

Printed name of Parent or Legal Guardian

Date

Signature of Parent or Legal Guardian

Date