



# Aerials GYMNASTICS

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*You're Invited*

Aerials Gymnastics invites your school to the

*Coollest Field Trip Ever*

**Thank you for booking your field trip with Aerials Gymnastics!**

Please look over this booklet and submit all the necessary paperwork to ensure your group is completely ready to participate.

**Border Paving Athletic Centre**

#9 Tri Leisure Way

Spruce Grove, AB, T7X 0T3

Phone: 780.962.5350

[info@aerialsgymclub.com](mailto:info@aerialsgymclub.com)

[www.aerialsgymclub.com](http://www.aerialsgymclub.com)







## New Location

**Border Paving Athletic Centre**  
#9 Tri Leisure Way, Spruce Grove, AB, T7X 0T3  
780.962.5350 [info@aerialsgymclub.com](mailto:info@aerialsgymclub.com)  
[www.aerialsgymclub.com](http://www.aerialsgymclub.com)



## Event Contact

**Lindsay Kiezik**  
Executive Director  
Phone: 780.962.5350  
[Lindsay@aerialsgymclub.com](mailto:Lindsay@aerialsgymclub.com)

# Fieldtrip Guidelines

## Costs

### **\$7.00 Per Child Per Hour.**

The Booking must be a minimum of 1 hour & 10 student minimum.

### **Payment can be made via:**

**cash/cheque/debit/credit**  
made payable to:  
Aerials Gymnastics - Box 3381  
Spruce Grove, AB, T7X 0T3

## Available Times

Our standard booking times for field trips are:

**Monday - Friday**  
12:30-2:30

We book our field trips on a first come first served basis. Please book early to ensure you get the date and time you prefer. It's best to call us to check availability.

## Volunteers

Volunteers are sometimes needed to facilitate a smooth running field trip. Volunteers can be teachers, parents or even students if they are in a leadership program. If children are very young please have an extra parent taking pictures instead of them helping in their group and taking pictures at the same time.

## Arrival

Students & parents can put shoes/boots on the shelves in the bootroom, then to the change room to take off coats and socks. Line up by the pony wall and your coach will take the students into the gym to start the field trip.

## During the Fieldtrip

A coach will lead them through a game and stretch. Once stretch is done, a coach will explain the circuits and rules of the gym before the students are directed into their groups. A coach will direct each group where to start with the volunteer's traveling with their group to each circuit or event. Depending on the length of the field trip, there are fun games and challenges that are incorporated into the field trip aside from the gymnastics instruction. There will be a cool down activity to wrap things up.

## Departure

The coaches will lead the students back to the boot room to get ready for the bus or to be picked up by their parent.

## Attire

Please ensure:

- long hair is tide back
- no jeans
- no jewelry

## Waivers for all participants

At the back of this booklet is a waiver that needs to be signed by the parent or guardian of every participant. Please make as many copies as needed and return them to us on the day of the field trip.

**\*ALL CHILDREN ATTENDING THE BOOKING MUST HAVE A SIGNED WAIVER FROM THEIR PARENT/GUARDIAN TO BE ALLOWED TO PARTICIPATE IN THE GYM\***



# Summary of Registration

*New Location*

**Border Paving Athletic Centre**  
 #9 Tri Leisure Way, Spruce Grove, AB, T7X 0T3  
 Phone: 780.962.5350  
 info@aerialsgymclub.com  
 www.aerialsgymclub.com



## Renters Information

School or Organization: \_\_\_\_\_

Renters Name / Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Billing Information (Please fill out if different from Renters Information)

Billing Contact: \_\_\_\_\_ Billing Email: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Billing Phone Number: \_\_\_\_\_ Billing Fax Number: \_\_\_\_\_

## Summary of Information

Book multiple dates early to ensure your group doesn't miss out! Call us to check availability first!

Rental Date M/D/Y	Rental Time	Age Range	Number of Volunteers	Number of Students or participants	Number of Hours	Cost	Total
1.						\$7.00	
2.						\$7.00	
3.						\$7.00	
4.						\$7.00	
5.						\$7.00	
6.						\$7.00	
7.						\$7.00	

<b>Total Due</b>	
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*Office Use Only*

Paid By: \_\_\_\_\_

Cheque # \_\_\_\_\_ CC \_\_\_\_\_

Cash Date: \_\_\_\_\_ Invoice: \_\_\_\_\_

Signature \_\_\_\_\_

I have read and understand the policies and procedures indicated within this booklet

RENTERS SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

Please make all payments to Aerials Gymnastics - Box 3381 Spruce Grove, AB, T7X 3A7

Please email this form back to info@aerialsgymclub.com



# Participant Release Form

**Border Paving Athletic Centre** info@aerialsgymclub.com  
 #9 Tri Leisure Way, Spruce Grove, AB www.aerialsgymclub.com  
 Phone: 780.962.5350



PARTICIPANT'S FIRST NAME:	PARTICIPANT'S LAST NAME:	PARTICIPANT'S DATE OF BIRTH:	GENDER:
ADDRESS STREET:	CITY:	PROVINCE	
POSTAL CODE:	PARENT/GUARDIAN NAME:	TELEPHONE:	
EMERGENCY CONTACT	EMERGENCY CONTACT TELEPHONE:	CLUB NAME:	

Gymnastics Club's Programs are defined and include all multiple gymnastics related activities, including, but not limited to, the following: (Hereinafter collectively referred to as the "ACTIVITIES"). Club Name: Spruce Grove Aerials Gymnastics (the "Gymnastics Club").

- Recreational / Gymnastics For All;
- Kids Can Move;
- Women's and Men's Artistic;
- Trampoline and Tumbling;
- Acrobatics;
- Birthday Parties;
- Drop-in Sessions;
- Cheerleading; as per AGF guidelines
- Urban Gymnastics (Parkour) and Circus
- Training; as per AGF guidelines
- General acrobatics and fitness; and
- Similar activities.

**DESCRIPTION OF RISKS:**

I am aware that the ACTIVITIES involve inherent risks, dangers and hazards, both known and unknown, that are associated with unique movement patterns and skills, which may, in some circumstances be executed on specialized apparatus. I understand that similar risks are also inherent in using equipment associated with the ACTIVITIES, and any other devices, apparatus or attractions present at the facility. I understand the risk of negligence on the part of the Gymnastics Club and its employees, volunteers and representatives, including the failure on the part of same to take reasonable steps to safeguard or protect the participants from the risks, dangers and hazards, both known and unknown, of participating in the ACTIVITIES. I acknowledge that personal harm or injury may be sustained during my/my child's involvement in the ACTIVITIES, including, but not limited to, broken bones, head / neck injuries, concussion, dislocations, tendon and ligament damage (including sprains), damage to teeth and dental work, spinal injuries (that could result in various degrees of paralysis), and death. I acknowledge and assume the potential risks and consent to my/my child's participation in the ACTIVITIES.

**CONSENT TO PARTICIPATION:**

- I/my child have/has been informed that I/he/she is to abide by the rules and regulations including directions and instructions from the administrators, instructors, coaches, and supervisors as imposed on me/my child while participating in the ACTIVITIES.
- In the event that I/my child fails to abide by the rules and regulations imposed on me/my child while participating in the ACTIVITIES, disciplinary action may either require that I/he/she not participate in the ACTIVITIES, or that I will leave/be contacted to have my child picked up or transported home at my own expense.
- I acknowledge that I/my child am/is in good health, and in proper physical condition to participate in the ACTIVITIES, and I acknowledge it is my responsibility to notify the staff of any physical or mental concerns for me/my child which may affect my/my child's participation in the ACTIVITIES.
- I acknowledge that the ACTIVITIES may require an instructor, coach, employee or supervisor to perform some manual spotting which involves direct physical contact with me/my child and designed to assist the participant in the safe performance of the program skills, and I consent to same.

**RELEASE OF LIABILITY AND WAIVER OF CLAIMS:**

I confirm that I have read the above description of risks and understand the risks involved in participating in the Gymnastics Club's program and ACTIVITIES. I confirm that I voluntarily and freely accept all such risks and choose to participate/allow my child to participate in the Gymnastics Club's program and ACTIVITIES. I accept full responsibility for my own/my child's actions. In consideration of being allowed to participate in the Gymnastics Club's program and ACTIVITIES, I hereby agree as follows: To waive any and all claims that I have or may have in the future against, and to release and discharge from any and all liability, the Gymnastics Club, it's directors, officers, employees, consultants, agents, contractors, volunteers, and representatives, and their respective successors and assigns, or any of them in connection with or participation in the Gymnastics Club's program and ACTIVITIES (collectively, the "Releasees"), for any and all of the following:

- Personal injury;
- Death;
- Property damage; and/or any other loss, damage or expense,

arising from any cause whatsoever, including negligence (including, but not limited to, negligence caused by my own actions or inactions, those of others participating in the ACTIVITIES, the conditions in which the ACTIVITIES take place, or negligence of the Releasees), breach of contract, or breach of any statutory duty or other duty of care, on the part of the Releasees, and further including the failure on the part of the Releasees to take reasonable steps to safeguard or protect me from the risks, dangers and hazards of participating in the Gymnastics Club's program and ACTIVITIES. I further agree to indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage or cost which any may incur as a result of a claim, brought by myself or anyone on by behalf, against any of the Releasees.

**AUTHORIZATION OF FIRST AID IN CASE OF EMERGENCY AND INDEMNIFICATION OF COSTS:**

I hereby authorize basic first aid to be delivered to me/my child by the Gymnastics Club's staff or other authorities. By administering first aid when required or requested, the Gymnastics Club in no way warrants or assumes any liability in relation to the administration of such basic first aid. I further understand and agree that, in the case of an emergency, the Gymnastics Club assumes no responsibility or obligation relative to any cost or expense related to carrying out an emergency procedure and/or emergency transportation for me/my child and I agree to pay for such costs and expenses and shall indemnify and reimburse the Gymnastics Club for any such costs or expenses that it incurs. I confirm and agree that this Notification and Assumption of Risk, Consent to First Aid Treatment, and Release of Liability and Waiver of Claims shall be governed by the laws of the Province of Alberta. I confirm and agree that if any portion of this Notification and Assumption of Risk, Consent to First Aid Treatment, and Release of Liability and Waiver of Claims is found to be void and unenforceable, the balance, notwithstanding, shall continue in full force and effect.

I CONFIRM THAT I HAVE READ AND UNDERSTAND THIS LEGAL AGREEMENT, I AGREE TO BE BOUND BY ITS TERMS, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS AGAINST THIS GYMNASTICS CLUB INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT.

Signed this \_\_\_\_\_ Day of \_\_\_\_\_, 20\_\_\_\_ at \_\_\_\_\_

Signature of Participant (if over 18 years of age): \_\_\_\_\_ Signature of Witness: \_\_\_\_\_

Dates of field trips:

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Dates of field trips:

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

## Personal Information Protection Act

As a parent/guardian or participant attending above stated club, I give consent for the purposes of information. Your contact information will be kept confidential and made available only to the staff of the club stated above and Alberta Gymnastics Federation.

**Photo/Video Release**

**Consent given / Consent refused** (circle one) To take pictures or video of me/my child during my/their participation in any program, and that these may be used for **advertising, noticeboard, website, and any social media platform.**

**Consent given / Consent refused** (circle one) To take pictures or video of me/my child during my/their participation in any program, and that these may be used for **training purposes.**

**\*Note should you choose you can withdraw your consent in written notice at any time.**

Signed this \_\_\_\_\_ Day of \_\_\_\_\_, 20\_\_\_\_ at \_\_\_\_\_

Signature of Participant (if over 18 years of age): \_\_\_\_\_ Signature of Witness: \_\_\_\_\_

Signature of Parent or Guardian (as named above): \_\_\_\_\_ Signature of Witness: \_\_\_\_\_