

Emerald City Gymnastics, Inc.
Monster Mountain Registration and Release Form

Today' s Date _____

Name: _____ Age: _____ Birth date: _____ Sex: M / F

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

COMPLETE THIS SECTION IF UNDER 18 YEARS OF AGE

Father or Legal Guardian: _____ Phone(H): _____ Phone(W): _____

Mother or Legal Guardian: _____ Phone(H): _____ Phone(W): _____

Emergency Contact & Phone: _____ / _____

Physician' s Name & Phone: _____ / _____

Any intolerance to drugs or medication? _____ Any medication that is taken regularly? _____

Please list any current or previous health problems/conditions that may affect any physical activity:

Waiver & Release

- ? I/We understand that participation in any instructional and/or recreational activities at Emerald City Gymnastics, Inc. (hereinafter referred to as "ECG"), including but not limited to: gymnastics, dance, ballet, cheerleading, trampolining, tumbling, Bump City, Monster Mountain (rock climbing), Ropes Course and any other related programs at ECG (the "Programs") is voluntary, and that all Programs and the use of the related facilities and equipment therein carries some physical risk.
- ? I/We understand that if I/we or my/our minor child is injured or our property is damaged while participating in the Programs, that the injury or loss will not be covered or reimbursable by ECG.
- ? I/We agree to assume the risk of any and all illness or injury (minor, serious or catastrophic in nature, including claims and suits at law or in equity for any injury, fatal or otherwise) or damage (to person or property) resulting from participation in all Programs, whether allegedly resulting from my negligence or the alleged negligence of ECG or any of their employees or representatives.
- ? I/We hereby waive all claims, on behalf of myself/ourselves and claims by my/our minor child (including claims which may be brought after attaining majority), now or in the future, for any such Damages and do hereby release and discharge ECG and its respective officers, directors, instructors, agents, employees and assigns from any and all liability for any such Damages.
- ? I/We fully understand that ECG instructors, agents and employees ("ECG Staff") are not physicians or medical practitioners of any kind. With the above in mind, I/we hereby release and grant permission to the ECG Staff to render temporary first aid to my/our child in the event of any injury or illness, and if deemed necessary by the ECG Staff to call a doctor to seek medical help, including transportation by an ECG Staff member, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the ECG Staff deem this to be necessary.
- ? I/We assume full responsibility for all liability in connection with such Damages, and agree to indemnify ECG against any and all such claims and related costs, including claims by my/our minor child that may be brought after attaining majority.
- ? I/We certify: (i) that my/our child is in good health and that he/she has no physical limitations which would preclude him/her from the safe use of the facilities and equipment related to the Programs offered by ECG; and, (ii) that I/we have sufficient health, accident and liability insurance to cover any Damages that may result as a result of my/our child participating in the Programs, and if I/we have no such insurance, I/we certify that I/we am/are capable of personally paying for any and all such Damages.

Signature (Parent or Legal Guardian if minor) _____ Date _____

Signature of Spouse _____ Date _____

BELAY CERTIFICATION FORM

Staff must initial that each task below has been mastered.

1. Climber can put on harness correctly without assistance: _____
 - harness is untwisted -all buckles doubled-back
 - leg loops are attached -waist tight above hips
2. Climber can tie in to rope without assistance: _____
 - identify tie-in points -teach follow-through figure-eight
 - teach safety knot (square knot) -always check climbers knot
3. Climber can load belay device correctly without assistance: _____
 - follow pictures -rope MUST be threaded properly
 - identify belay loop
4. Belayer uses correct climbing commands: _____
 - On belay? *Belay on* -Climbing. *Climb on*
 - Tension* (if falling) -*Slack* (give climber slack)
5. Belayer can take in and give out slack while maintaining control of the rope without being reminded: _____
 - never take break hand off of the rope
 - if climber weighs 30 lbs more than belayer, use ground anchor (1 station over, waist high)
6. Belayer can catch a surprise fall (back-up belayer to insure safety during this): _____
 - bring break hand down immediately
 - continue belay after fall
7. Belayer can lower climber smoothly to the ground: _____
 - keep break rope over device for friction
 - if climber starts to fall rapidly, release brake and pull down break hand
8. Always be aware of the risk of swinging: _____
 - climber should always stay under top anchor
 - make sure ropes are never twisted
 - climber must keep rope between arms

I understand the importance of following all of the safety knowledge displayed above. If at anytime I feel uncomfortable with what I am doing, I will immediately ask for assistance from a Monster Mountain staff member:

Belayer Signature: _____

Date Completed

Beginner (first time): _____

Intermediate (minimal instruction): _____

Advanced (no instruction): _____

Entered into CPU: _____
