

SAFETY RULES FOR TUMBLING

1. Tumbling should take place only in situations where a safe tumbling mat is provided. Safe tumbling mats should be sufficiently shock absorbent so as to minimize any danger of ankle injuries on landing. Safe tumbling mats should be at least 1" thick (depending on the material), At least 6' in width, and of sufficient length for the type of tumbling involved.
2. No student or performer should ever attempt to execute any tumbling skill unless that skill has been thoroughly taught to the student by a qualified instructor.
3. Tumbling mats should be set up in a level area, (clear of obstructions) that are placed sufficiently far enough away from a wall or other obstructive object to provide ample running room for the tumbling to take place.
4. Tumbling should never be done while dressed in street clothes or shoes. A proper tumbling uniform should be provided that allows the student or performer freedom of action.
5. Never run across a tumbling mat while students are tumbling!
6. In tumbling classes, never stand at the end of a mat while someone else is tumbling, students should stand off to one side.
7. Small segmented tumbling mats should be joined together at the ends to form one continuous and secure length of mat.
8. No tumbling should ever take place in a gymnasium or training hall unless a qualified instructor is there to supervise the activity.
9. No tumbling should ever be undertaken by anyone who is under the influence of alcohol, drugs, or medication that could hinder the person's coordination or perceptive faculties.
10. No tumbling should ever be undertaken by anyone who is in a state of fatigue, is over-tired, or in a state of vertigo.
11. Although not strictly necessary, aerial skills in tumbling are better learned first on either the trampoline, or double-mini trampoline before they should be attempted on the tumbling mats.
12. No horseplay should ever be allowed in tumbling class.
13. No rings, hair adornments, hair beads, or other encumbering items should be worn by a tumbler during work-outs or practice sessions.
14. Tumblers should know their limitations. Skills which are possible and safe on trampolines and double-mini trampolines may not be safe or practical for tumbling.
15. Safety standards must be imposed for what types of floors will be acceptable for the advanced and elite tumblers to use in future competitions.

SAFETY RULES FOR DOUBLE MINI TRAMPOLINE

1. Only the standard accepted U.S.T.A. regulation double-mini trampoline should be used in this activity.
2. No student or performer should ever attempt to execute a double-mini trampoline skill without first having been taught that skill by a qualified instructor.
3. No double-mini tramping should ever take place unless a qualified instructor in this event is supervising the activity.
4. The double-mini tramp should never be used unless it is used in conjunction with a regulation landing pad, at least 12" thick by 6' (minimum) by 12' - refer to the General Double-Mini Rules.
5. The double-mini tramp should only be set up in level area where adequate space is available for run, ceiling height, and placement of the landing mat for landing.
6. No one should ever run across the area in which double-mini trampoline students or performers are taking their approach runs.
7. No one in street clothes or shoes should be allowed to practice double-mini trampoline. Proper gym wear and gym slippers are required.
8. The double-mini trampoline should never be employed as a trampoline. Only one mount or spotter skill should ever be allowed at one time.
9. Only two foot take-offs for mounts and dismounts and two foot landings on mounts and dismounts are allowed. No shoulder, stomach, or back landing are allowed on double-mini trampolines.
10. Once a double-mini trampoline pass has been complete, students and performers should clear the landing pad area immediately to make room for the next performer.
11. Double-mini trampolines should be folded, locked, and stored when not in use.
12. All double-mini trampoline skills should be first learned successfully on a trampoline before being attempted on the double-mini trampoline.
13. No horseplay ever is allowed on a double-mini trampoline.
14. No student or performer should ever execute a dismount to any other landing area than the regulation landing pad.

SAFETY RULES FOR TRAMPOLINE

1. No student, instructor, or performer should ever use a piece of trampoline equipment that is not completely safe in every respect. Standard safety frame pads, properly installed trampoline bed and end spotter tables should always be used.
2. No one, regardless of ability level, should ever use a piece of trampoline equipment unless they are under the direct supervision of a qualified instructor.
3. No student or performer should ever attempt to execute any trampoline skill unless that skill has first been properly taught to the student by a qualified instructor.
4. No one should ever use a trampoline unless there are a minimum of four qualified spotters placed properly about the trampoline.
5. No one should ever use a trampoline under the influence of alcohol, drugs, or any medication that will dull and inhibit the normal sense and coordination faculties.
6. No one should ever use a trampoline when that person is tired, fatigued, or is in a state of vertigo.
7. No horseplay should ever be allowed on the trampoline.
8. No one should ever use a trampoline in street clothes. Proper gym outfits and training clothes and gym slippers should always be used.
9. Two people should never jump on the same trampoline at the same time.
10. No student or performer should ever dismount from the trampoline by either jumping or executing a skill to the floor.
11. No trampoline should ever be set up closer than 8 feet from a wall or under a ceiling that is less than 16 feet in height. Ceiling height for competition must be 25' minimum.
12. No one should ever jump on a trampoline where the lighting is judged to be insufficient or poor.
13. No somersault skills should ever be attempted unless an overhead spotting mechanic is used to teach the skill or a qualified instructor is there to utilize a hand-spotting technique.
14. All trampoline equipment should be safely stored and locked when not in use.
15. Never sit on, stand on, or lean on the sides or ends of the trampoline when a person is jumping.
16. The USTA Sport of T&T recommends every Trampoline Club supply two spotters from their club for every competition entered.
17. Soft mats, stair mats, or panel mats must be used to aid athletes in accessing and leaving the trampoline unless the trampoline is floor level.

Accident/Injury Report Form

[illegible]

SAMPLE STUDENT INFORMATION FORM

Student Information Form

Student's Name: _____

Class Day: ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ Sa ☐ Su Time: _____

Home Phone #: (____) ____ - ____ Work: (____) ____ - ____ Other: (____) ____ - ____

Address: _____

City: _____ State: _____ Zip: _____

Mother's Name: _____ Father's Name: _____

Mother's Employer: _____ Father's Employer: _____

Child's Previous Experience: (describe briefly)

Use space below to list all children's ages who are enrolled in classes

First Name: _____

Child's Age: _____

Birthdate: _____

Grade: _____

School: _____

Fill out the information below so we may act quickly in the event of an accident.

Who to call if parents cannot be reached:

Name/Relation: _____ Phone #: (____) ____ - ____

Name/Relation: _____ Phone #: (____) ____ - ____

Doctor's Name: _____ Phone #: (____) ____ - ____

Medical Insurance Co.: _____ Policy #: _____

Any intolerance to drugs or medication?

Any previous illness or injury the staff should be aware of?

If so, are there any restrictions?

Date Enrolled: ____/____/____

Class Begins: ____/____/____

Sample Forms for the

PREPARTICIPATION MEDICAL EXAMINATION

STUDENT INFORMATION

(This form is returned to the Club)

Student's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (____) ____ - ____

Date of Birth: ____/____/____ Age as of 1/1/____ Date: ____/____/____

Parent/Guardian Name: _____ Emerg. Telephone: _____

Gymnastics Club/Organization: _____ Coach's Name: _____

Doctor's Name: _____ Doctor's Telephone: (____) ____ - ____

EMERGENCY MEDICAL TREATMENT STATEMENT

(This form is returned to the Club)

I, the parent/guardian (circle) of _____, give permission for emergency medical treatment of my child if I cannot first be contacted.

Telephone numbers:

Day (____) ____ - ____ Night (____) ____ - ____ Emergency (____) ____ - ____

Parent/Guardian's Signature: _____

Date: ____/____/____

TWO SAMPLE WAIVER/RELEASE FORMS

Please note: Waiver/Release Forms must be evaluated in light of individual state laws. You should not rely on these forms without consulting with a lawyer in your state.

Read the following carefully and sign below. NOTE: Parent signs if student is under 18 years.

Athlete Membership Agreement and Information

Fill in all blanks, submit forms for current season only, bearing original signatures (photocopies or facsimiles not acceptable).

Agreement

In consideration of my membership in (CLUB NAME), and my participation in (CLUB NAME) classes, events, and activities, I agree to be bound by each of the following:

1. **Eligibility:** I agree to comply with the rules of (CLUB NAME).
2. **Readiness to Participate:** I will only participate in those (CLUB NAME) classes, events, competitions, and activities for which I believe I am physically and psychologically prepared. Prior to participation, I will have practiced my exercises and will perform only those exercises which I have accomplished to the degree of confidence necessary to assure I can perform them by myself, and without injury.
3. **Medical Attention:** I hereby give my consent to (CLUB NAME) and/or the Host Organization to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation, and emergency medical services as warranted in the course of my participation.
4. **Waiver and Release:** I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in gymnastics activities and events.

I further agree that the (CLUB NAME), and the sponsor of any (CLUB NAME) event, along with the employees, agents, officers, and directors of these organizations shall not be liable for any losses or damages occurring as a result of my participation in the event, except where such loss or damage is the result of the intentional or reckless conduct of one of the organizations or individuals identified above.

Information

Primary Medical Insurance: I am covered by a primary health/medical/accident insurance through: _____

I am a citizen of the U.S. ☐ Yes ☐ No

Signature of Athlete: _____

For any athlete who is not yet 18 years old: As legal parent or guardian of this athlete, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in classes, events, competitions, and activities conducted by (CLUB NAME).

Printed name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Date: ____/____/____

Club Waiver and Release Form

I fully understand that (CLUB NAME) staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the (CLUB NAME) staff to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the (CLUB NAME) staff to call our doctor and to seek medical help, including transportation by a (CLUB NAME) staff member and/or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the (CLUB NAME) staff deem this to be necessary.

Parent or Guardian Signature: _____

Date: ____/____/____

We, the staff of (CLUB NAME) recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of gymnastics, tumbling, cheerleading, and dance. Students may suffer injuries, possibly minor, serious, or catastrophic in nature. Gymnastics, Tumbling, and Cheerleading can be dangerous and can lead to injury!

Parents should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and the coaches' instructions.

The (CLUB NAME), its coaches and other staff members, will not accept responsibility for injuries sustained by any student during the course of gymnastics, tumbling, dance or cheerleading instruction, or open workouts, or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by (CLUB NAME). I, my executors or other representatives, waive and release all rights and claims for damages that I or my child may have against the (CLUB NAME) and/or its representatives whether paid or volunteer.

I also affirm that I now have and will continue to provide proper hospitalization, health, and accident insurance coverage which I consider adequate for both my child's protection and my own protection.

I also understand that it is the parents' responsibility to warn the child about the dangers of gymnastics and injury. The parent should warn the child according to what the parent feels is appropriate. (CLUB NAME) will only warn the child through "Safety Messages" and our teaching style and progressions.

Parent or Guardian Signature: _____

Date: ____/____/____

Notary