

Membership Number	REGISTRATION FORM Open Adult Gymnastics at SPRING- Sportspark	SP Sportspark
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Participation Statement

“The Sportspark recognises that gymnastics is an activity with a danger of personal injury. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Personal Details Please complete the form in BLOCK CAPITALS.

Title	<input type="text"/>	First Name	<input type="text"/>	Surname	<input type="text"/>
Male / Female	<input type="text"/>	Address	<input type="text"/>		
Date of Birth	<input type="text"/>	<input type="text"/>			
Evening Tel. No.	<input type="text"/>	<input type="text"/>			
Daytime Tel. No.	<input type="text"/>	Post Code:			
Occupation	<input type="text"/>	E-mail address	<input type="text"/>		

Conditions of Registration

If you are under 16 years of age **DO NOT** fill in this form! Under 16's must book onto a course block.

Once you have read the **Conditions of Use and Rules** of the gymnastics centre, you must answer the following questions by writing either “**YES**” or “**NO**” in the box provided then sign the declaration at the bottom of the form. Only gymnasts who give satisfactory answers to the questions will be registered and allowed to use veteran gymnastics sessions.

Are you over 16 years of age?	<input type="text"/>
Have you read and understood the Conditions of Use and Rules of the centre?	<input type="text"/>
Do you require instruction in the use of gymnastics apparatus?	<input type="text"/>
Do you agree to act responsibly for the duration of Open Adults sessions?	<input type="text"/>
Do you understand that failure to exercise due care could result in your injury?	<input type="text"/>
Do you agree to abide by the Rules of the gymnastics centre?	<input type="text"/>

Declaration of fitness

I certify that to the best of my knowledge, I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.

Declaration of fact

I also confirm that the above information is correct and if any information changes I will notify the centre:

Signature	<input type="text"/>	Date	<input type="text"/>
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ADULTS OPEN CONDITIONS OF USE OF 'SPRING'

Risks - "The SPORTSPARK recognises that gymnastic activities have a danger of personal injury. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Although the gymnastics centre is a safe environment the risks involved are **no less serious than when competing**. The soft flooring under the apparatus is designed to provide a soft landing for gymnasts falling or dismounting apparatus. **THE SOFT FLOORING DOES NOT MAKE THE GYMNASTICS ANY SAFER.** Sprained limbs are common on this type of apparatus despite the soft landing. **Uncontrolled falls are likely to result in injuries to yourself or others.**

Using skills **beyond your capabilities** on any piece of apparatus is likely to result in a **fall**. Any fall may result in an **injury** despite the safety systems in place to avoid it. You must make your **own assessment of the risks** whenever you use any apparatus.

Our Duty of Care - The rules of 'Spring' set out below are **not** intended to limit your enjoyment of the facilities. They are part of the **duty of care** that we, as operators, owe to you, the customer, by law. As such they are **not negotiable** and if you are not prepared to abide by them then the staff must politely ask you to leave.

Your Duty of Care - You also have a **duty of care** to act responsibly towards the other users of the centre.

Open Gymnastics - Before you register for the veteran's session Sportspark expects you to be competent in the safe use of the gymnastics centre. You are required to register to say that you know how to use the equipment, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

Anyone who has not registered is classed as a **novice** and **will not be able join this session**.

Open session will have a qualified coach on site to maintain good practice. Staff will provide whatever help and advice they can, they will be on hand to provide instruction. However they are also supervising the session so may not be available. If you are not **confident** in the use of any equipment or technique then **do not** attempt to use it without the supervision of someone who is competent to do so.

Open gymnastics are not able to sign guests into these sessions.

Children – All children in the centre must be supervised by an adult and will not be permitted into the floor area during this session.

RULES

General Safety

Report to reception on each visit before your session. You must exercise care, common sense and self preservation at all times. Report any problems with the building, equipment or other gymnasts' behaviour to a member of staff immediately. Be aware of the other gymnasts around you and how your actions will affect them. Do not distract people while they are on apparatus or spotting. Stand well back from the equipment unless you are using it or spotting. Never stand directly under someone who is on the apparatus. Veterans is a **RECREATIONAL** level session, those who are training for competition or performing high level moves (for example double backs) should contact 01603 593403 regarding private hire bookings. Sportspark coaches may ask participants to not perform certain moves if it is deemed dangerous or beyond that of a recreational session.

Dress

'SPRING' code of dress should be followed at all times. No shoes are permitted in the floor area. Buckles and clasps are not permitted. Participants should work in bare feet or gymnastics slippers only. Raised adornments on clothing are discouraged. Jewellery and body piercings are not permitted.

Code of Conduct

Participants are asked to abide by the 'SPRING' code of conduct at all time. Persons behaving unsafely or in a manner that is likely to disrupt the enjoyment of others may be asked to leave. No refunds will be given. Sportspark terms and conditions of use apply to the gymnastics centre; these are available from the website, at reception and are advertised around the building.

Trampolines

The floor level trampolines are available to use under the discretion of the Sportspark gymnastic staff and for practice of gymnastic moves. For further details on using the trampolines please contact the Sportspark reception on 01603 592398.

Access

Reception will issue you a ticket and receipt to the session which must be handed to the coach on duty. The receipt must be retained for the duration of your session; spot checks on entitlement to veteran sessions will take place. Remember if you do not have your membership card you will be charged 60p. A replacement card can be purchased for £3. If you require your own coach you must make a private hire booking by contacting 01603 593403. Instruction by external coaches will not be permitted in this session,

Photography

Photographs may only be taken within this session with the prior consent of the duty manager. The duty manager can be contacted at Sportspark reception where they will sign in your camera. Sportspark coaches will **NOT** be able to authorise the use of cameras. The use of video cameras will need the authorisation of the Director of Sport **in advance**.

Apparatus

All participants must use good practice while on any apparatus. Coaches will intervene if they feel any activity is unsafe. Please see further information on the good practice required for individual apparatus. Do not monopolise any area of the gymnastics centre and work in co-ordination with other users.

