



**JAMESTOWN
GYMNASTICS**

2018 ENROLMENT FORM

(one per child please)

CHILD'S SURNAME: _____ FIRST NAME: _____

POSTAL ADDRESS: _____ POSTCODE: _____

DATE OF BIRTH: _____ AGE: _____ MALE/FEMALE

PHONE: HOME _____ WORK: _____ MOBILE: _____

EMERGENCY CONTACT NAME: _____ PHONE: _____

EMAIL: (For Cancellations, Minutes and Newsletters) _____

MOBILE NO. (For Cancellations) _____

SCHOOL ATTENDED BY CHILD: _____

MEDICAL HISTORY (i.e. Asthma): _____

SPECIAL NEEDS (if applicable): _____

I hereby certify that all information listed above is correct and current.

Parent/Caregiver's Name: _____ Date: _____

Parent/Caregiver's Signature: _____

GYMNASTICS DRESS CODE/SAFETY RULES

It is important that children understand the safety aspects of participating in a gymnastics program and dress code is an issue which is sometimes overlooked.

- Please encourage the gymnasts to tie hair back off the face for training, long hair needs to be plaited and tucked under so as not to 'whip' anyone, including themselves, in the face.
- Shorts are fine but basketball shorts are a nuisance as they are floppy and loose which causes tangling around the rails on the bars.
- Large loose tops are also extremely annoying to the coach as we tend to spend more time holding tops to cover stomachs to save embarrassment than paying attention to the skills being performed. Firm fitting tops are better, while bathers or leotards are perfect.
- Jewellery is out. This includes rings, necklaces and bangles. Please leave all jewellery at home.
- Long pants that hang down under the heels of the feet are dangerous and restrictive.
- Jeans are not for the gymnasium, trackpants are less restrictive and more comfortable for the gymnast.
- Belts, buckles, zips on jackets and pants are all safety hazards. Jackets with hoods and zips need to be removed before training.
- A water bottle and small hand towel is good to keep in a training bag, especially during the summer months.

Encouraging children to abide by the dress code is all part of self discipline; they will eventually accept it as being normal and the right thing to do.

TRAMPOLINE USE RULES

The new acquisition of the trampoline is a great thing, but there are some rules that we would like you to be aware of for the safety of all participants and their care givers.

1. There is only one person allowed on the trampoline at any one time unless with a coach and they are asked to stay within the rectangle marking on the trampoline.
2. There will be no tumbling unless the coach has otherwise asked you to do so.
3. Nobody is allowed to hang on the outside or run under the tramp whilst in use.
4. ***Always listen to the coach!***
5. Due to the high risk of injury, anyone not adhering to rules 1 to 4 will be given only 1 warning, then they will be asked to sit out for the remainder of the apparatus use.

I have read and agree with the dress code, safety rules and trampoline use rules and have explained these to my child/children

Children's Full Names: _____

Parent/Caregiver's Name: _____ Date: _____

Parent/Caregiver's Signature: _____

I give permission for my child/children to be photographed and video'd for publicity purposes. Photos may be sent to local papers and used in our newsletter.

Parent/Caregiver's Signature: _____

Submitting Your Registration:

Fax: 08 8664 1087 • **Email:** info@jamestowngymnastics.com.au • **Post:** PO BOX 304, Jamestown SA 5491