



PARENT AND ATHLETE INFORMATION AND POLICIES: RECREATIONAL CLASSES

Trampoline falls under the gymnastics umbrella of sport, and like all sports, involves some risk. In order to minimize that risk, Vertical Zone Trampoline Club is a Gymnastics Ontario accredited facility and classes are instructed by coaches who are trained by the Nationally Certified Coach Program (NCCP).

In addition to Vertical Zone's commitment to providing qualified instruction, it is important that safety rules are followed by all athletes and parents. Please take some time to remind your child(ren) to listen to their coaches and review the information below.

ATHLETE AND PARENT GENERAL EXPECTATIONS AND INFORMATION:

- Children are **ONLY** allowed in the gym once a waiver is completed and they are under the direct supervision of a certified Vertical Zone Coach.
- Children must be in good health to participate. Parents should inform coaches prior to class of any illness or injuries that may impact their ability to participate fully in their class. Parents may be asked to sign a **Permission to Participate** form following an injury or illness.
- Children disrupting or disturbing class may be restricted from participation.
- Parents are **ONLY** permitted in the gym if they have completed a waiver and are invited by the supervising coach. Parents are welcome to watch their child(ren) from the designated viewing areas at any time. Please refrain from calling to your child(ren) from viewing area during class time, as it is disruptive and a safety risk for all athletes and coaches on the floor.
- No food, drink or chewing gum is permitted in the Gym; only water in sealed bottles, please.
- Athletes are not permitted to bring cell phones, iPads/Tablets or any other personal electronic devices into the gym.
- To protect privacy and safety, **no photography** or filming of children is permitted during class. Vertical Zone will provide opportunity for parents to film their child(ren) during the end of session parent viewing nights.

CLOTHING REQUIREMENTS:

- All athletes must wear suitable gym attire. Children should wear 1 piece gymnastics leotards and/or lycra or cotton shorts and a properly sized T-shirt. No zippers, ballet skirts or loose-fitting clothing are permitted. Long hair must be tied back. Dangling earrings, bracelets, watches, anklets, rings, or necklaces should be left at home. Athletes are bare foot or wear socks in the gym. Open wounds or warts must be bandaged with athletic tape and socks must be worn.
- It is recommended that athletes come dressed for class, however change rooms are available if required. Participants can leave their belongings in the changerooms (which is not supervised during class time). **Please do not bring valuables to the gym. Vertical Zone is not responsible for lost or stolen items.** Outdoor footwear must be removed before entering the gym.

PARENT DROP OFF AND PICK UP POLICY (see attached for details):

- Athletes under 12 years old must be escorted into the gym and supervised by a parent/guardian/ trusted adult until class begins and picked up promptly when class finishes. Children must wait for their ride inside and be picked up **inside** the front entrance.
- Parents must remain at Vertical Zone for athletes 4 years and younger, or for any athletes who will require assistance going to the bathroom. For safety reasons, our coaches will not leave their group unsupervised and there are rarely any additional staff available to provide 2-1, staff-camper, supervision required when managing personal care issues.
- Parents may sign and give to the coach an **Athlete Release Form** for children aged 10-15 years old, in order to be released after class without a parent. Our **Athlete Release Form** is attached to our **Athlete Drop off and Late Fee Pick-up Policy Information**.
- It is recommended that athletes for whom the parent release form has been signed, are advised to come back inside the gym if they do not see their parent/guardian outside at the pick-up area. If you are going to be late picking up your child, please call and notify the gym.

CLASS CANCELLATION/ MAKE-UP POLICY:

- If Vertical Zone has to close due to unforeseen circumstances, we will provide make up classes for those athletes affected by the cancellation.
- FALL, WINTER AND SPRING SESSIONS: Vertical Zone programs are purposefully scheduled and staffed according to registrations. If your athlete misses a class for personal reasons, there will be no make-up class.
- SUMMER SESSION: Given the reduced schedule, Vertical Zone MAY have the ability to accommodate a limited number of make-up classes per athlete, within the summer session. The summer make up class must be used before the end of the summer session and during scheduled class time for which a coach is already present (NOTE: a summer make up class can not be scheduled as a private booking/ public jump).

DISCOUNTS

- 10% discount is offered to athletes taking 2 or more programs in the same session (same athlete)
- 5% sibling discount off the lowest price for recreational programs and camps.
- Classes are pro-rated in the session for registrations after the session has begun.

REFUNDS AND CHANGES

- Before the session starts: Full refund less \$40.00 *GO fee when cancelled a **minimum of 24 hours prior to class** day.
- Within the first 3 classes: Refund or credit for remaining classes less \$40.00 GO fee.
- After 3 classes: Credit only with medical note provided, less \$40.00 GO fee
- No credits within the last 3 classes
- There are no make up classes or class credits, unless club closes for unforeseen circumstances.
- Class changes can be made free of charge only when space permits. There may be a fee for any additional class changes.

**GO fees are paid directly to Gymnastics Ontario upon registration and Gymnastics Ontario has a non-refundable policy on these fees.*

SELECTING A CLASS

All classes are designed with specific ages and experience in mind. Ages and required experience are explained in the class descriptions. Please ensure that you are registering your child in the correct age/level class to ensure they are going to be receiving the best instruction possible. All athletes must be the correct age for the selected class within **30 days** of the start of the session.