



PARENT AND ATHLETE INFORMATION AND POLICIES: RECREATIONAL CLASSES FOR SEPTEMBER 2020 – JUNE 2021

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 coach has verified the following: 1) the Vertical Zone Online Waiver, Assumption of Risk Waiver and Facility Declaration are completed and signed by a parent/guardian; 2) participant and household members have self screened and are free of symptoms associated with COVID-19; and, 3) participant has been assigned a space in the gym physically distance from other group members.
- Children must be in good health to participate. [COVID UPDATE: Families must self screen](#) before coming to the gym and if athlete or any immediate family member has symptoms associated with COVID-19, they must self isolate for 14 days or produce a negative COVID-19 test result, as per term #7 in the signed Facility Declaration.
- For minor injuries, parents should inform coaches prior to class of any 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 who do not follow coaches instructions and regularly disrupt class may be restricted from participation, especially if the behaviour impacts the ability to follow COVID-19 safety protocols.
- Vertical Zone is working on solutions to safely accommodate 1 parent/caregiver per household in the viewing area. No additional adults or siblings who are not participating in classes that day are permitted. Once the designated viewing areas have re-opened, 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. We recommend that athletes wear socks in the gym. Open wounds or warts must be bandaged with athletic tape and socks must be worn.
- Change rooms are closed at this time, so athletes must come dressed for class. Participants will be able to store additional clothes and items in a cubby in the main gym, with help from their coach. ***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):

- Parents must wait with athletes under 12 years old until they have been admitted into the gym and picked up promptly when class finishes. Children must wait for their ride inside and be picked up at the designated exit once athlete is released by the coach. Please view this [video](#) in order to familiarize yourself and athletes with the drop off and pick up policies.
- 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 ages 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**.
- 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. please call and notify the gym. If you are going to be late picking up your child,

CLASS CANCELLATION/ MAKE-UP POLICY:

- If Vertical Zone closes, due to unforeseen circumstances, we will provide make up classes or class credits for those athletes affected by the cancellation.
- Vertical Zone programs are purposefully scheduled and staffed according to registrations. If your athlete misses classes for personal reasons, they are not eligible for make-up classes or class credits.

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.

WITHDRAWALS AND CHANGES

- *WITHDRAWAL BEFORE THE SESSION STARTS:* Refund*, less \$25 cancellation fee per registration, for classes when cancelled a **minimum of 24 hours prior to 1st class**; OR credit** for full amount paid.
- *WITHDRAWAL AFTER THE 1st CLASS:* Refund*, less \$25 cancellation fee per registration, for remaining classes; OR credit for remaining classes.
- *WITHDRAWAL AFTER 2nd CLASS:* Only permitted with medical note*** verifying an injury or illness requiring 3+ weeks of recovery and no intent for athlete to return for the remainder of the session; credit will be applied that equals the number of lessons left in the session for which the athlete was unable to attend, due to medically verified illness or injury.
- No credits for withdrawal for any reason 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 when space permits.

* \$40 GO fee is non-refundable, as it is paid directly to Gymnastics Ontario upon registration. Gymnastics Ontario has a non-refundable policy on these fees.

**Credits can be used for all Uplifter registration offerings; such as, classes and camps.

***Athlete must provide a medical note within 2 weeks of the injury or illness diagnosis, that explicitly states the duration of recovery.

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. **NEW THIS YEAR: REPORT CARDS!**