



Rules and Policies

WELCOME TO GYMAGINE GYMNASTICS! In order to serve you and your child in the best possible way, we ask that everyone observe these rules and policies:

PAYMENTS AND REGISTRATION

1. To guarantee your child's space in class, you must pre-register for the next session during Early Registration Week. (The last week of each 4-week session)!
Your child will NOT be automatically enrolled for the new session.
2. The GYMAgine Session Calendar contains a list of all the session dates.
3. If a student enrolls for three or more consecutive sessions, the following discount will be applied: 15% discount for 3 or more sessions). Tuition is valid only for those sessions that were selected at the time of payment.
4. There will be a 5% discount for each family member if more than one family member is enrolled.
5. There is a \$38 non-refundable annual registration fee per student or (\$68 per family) which is due upon enrollment.
6. All fees are non-refundable. There is a \$25 NSF charge on returned checks.
7. If your child misses two weeks or more due to illness or injury, we will give you a credit for the time missed. Note: For your child's safety and ours, GYMAgine may require a Physician's written approval to return to the physical activity.

MAKE-UP CLASSES

1. In case of absence, one make-up class per session is offered as a courtesy to our students. We offer two make-up classes per session for those students who attend class twice a week.
2. Make-up classes are offered on the 1st and 3rd Saturday of each session, call office for times and to schedule. **If you miss a scheduled make-up class, you cannot make this class up!**
3. Students enrolled in the following classes: AcroRoos & Jr/Sr High (or those students who already attend a Saturday class) can schedule a make-up during the week.

ARRIVAL AND DEPARTURE

1. Children must be dropped off no earlier than 5 min. before class and picked up no later than 5 min. after class.
2. Parental supervision is required at all times for children who are not participating.

ATTIRE

1. Girls can wear any type of leotard. Footless tights are optional. Students may go barefoot or wear gymnastics shoe. Please have long hair tied back. No hard balls or barrettes. No rings or necklaces.
2. Boys wear T-shirts tucked into shorts (or sweats) with no buckles, snaps, or zippers.
3. Gum chewing, eating, or drinking (other than water) is not allowed during class. Water bottles are allowed.

OBSERVATION

1. Observers are welcome at any time.
2. At all times while observing, please remain quietly in the viewing area only. Keep other siblings seated.
3. Please do not talk with your child while he/she is in class.
4. We encourage parent/teacher communication. Leave your name and number on the Coach Call Back Sheet (in the cubby area), and your child's coach will give you a return phone call.
5. Absolutely no **sitting or climbing on viewing area barriers!**

ADVANCEMENT

1. Every student should feel challenged. Students are moved anytime during the year as they master the skills at their level. Progress reports are given out at the end each 4-week session (they are not given out in the summer). Feel free to discuss your child's progress with his/her instructor.
2. Students are encouraged to sign up for private lessons to improve their gymnastics skills. Any student signing up for private lessons must have a registration card on file with GYMachine.

ADVERSE WEATHER CONDITIONS

1. If the weather conditions are bad enough to close the Mukilteo School District, GYMachine will also shut down. Students may attend a make-up class if this happens. Contact the front desk for additional information.

Attention all Parent Assisted Classes & Activity Programs

(Acro-Roos, Pre-School Playtime, & Tot assisted B-day Parties)

Waiver Release Forms for Parents

All parents participating in GYMachine activities in the gym must read and sign a waiver release form for each parent that participates in GYMachine classes or activities.

Parents assisting children

All parents must stay with the child. When assisting in a parent taught class or birthday the parent will help the child but cannot actually use the gym equipment or apparatuses.

Backpacks, Car Seats, & Strollers

Because of the potential risk of injury to the child in the backpack, stroller, or car seat while out on the gym floor, (i.e. the parent falling while carrying a back pack or someone falling on a child while in a car seat), Backpacks, Strollers, or car seats will no longer be allowed out on the gym floor.

Coach Kelly, Owner & National Safety Instructor for USA Gymnastics feels he & his coaching staff cannot effectively protect these children in backpacks, car seats, & strollers from injury while they are out on the gym floor.

Watch your step!

Parents assisting in classes or other activities at GYMachine must always be aware of the risk of injury that can occur to them while out on the floor. GYMachine is a very safe place! Parents must listen & follow the directions of their instructor.

As you walk throughout the gym you will be exposed to different types walking surfaces that vary in height & thickness. Parents must exercise extra caution while walking on or around the different gym apparatus including mats, bars, beams, trampolines, spring boards & mini trampolines and much more. Be prepared to adjust your balance at all times and walk slowly around the edge of the pit.

GYMagine Gymnastics Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to

another part of the body with the force transmitted to the head.. They can range from mild to severe and can disrupt the way the brain

normally works.

Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged**

brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious.

You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may

show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice

the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down problems
- Feeling foggy or groggy
- Drowsiness
- question/comment
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory (forgetting name of skills)
- Repeating the same

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression changes
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays no
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or

coordination

personality

- Answers questions slowly

- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and

symptoms of a concussion leaves the young athlete especially vulnerable to greater injury.

There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the

athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe

brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes

will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents

and students is the key student-athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to

activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance.

Close observation of the athlete should continue for several hours. The new “Zachery Lystedt Law” in Washington now requires the consistent

and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and “may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion

and received written clearance to return to play from that health care provider”.