

HUGS GYMNASTICS, LLC. WAIVER AND RELEASE OF LIABILITY - Session 2

As the parent or legal guardian of the listed gymnast(s), I hereby consent to the named person(s) participating in the programs offered by HUGS GYMNASTICS, LLC. (hereafter HUGS Gymnastics). I recognize that potentially severe injuries including virus, sprains, broken bones, paralysis, or death can occur in any activity involving height or motion, including gymnastics. I UNDERSTAND AND ACCEPT THIS RISK. I have additionally communicated this risk to my child participant. I also realize that my child will be performing and training on all gymnastics events and devices including the trampoline.

In consideration for allowing my child to use the HUGS Gymnastics equipment and facilities, I hereby release HUGS Gymnastics, its owners, officers, employees, teachers and coaches from all liability for any and all damage, illness and injuries suffered by my child while under the instruction, supervision or control of HUGS Gymnastics, its owners, officers, employees, teachers or coaches.

As the parent or legal guardian of the aforementioned person(s), I hereby agree to individually protect for the possible future medical expenses which may be incurred by my child as a result of any injury sustained while training at, for or under the direction of HUGS Gymnastics. In addition, I confirm that my child has been examined by a physician who has cleared them for unrestricted participation in these activities.

ASSUMPTION OF RISK AND WAIVER OF LIABILITY IN RELATION TO COVID-19

The coronavirus, Covid-19 has been declared a worldwide pandemic by the World Health Organization. Covid-19 is extremely contagious and is believed to spread mainly from person-to-person. As a result, federal, state, and local governments and health agencies recommend social distancing.

HUGS Gymnastics has put in place preventative measures to reduce the spread of Covid-19, however HUGS Gymnastics cannot guarantee that you or your child(ren) will not become infected with Covid-19. Further, attending HUGS Gymnastics could increase your risk and your child(ren)'s risk of contracting Covid-19.

By signing this agreement, I acknowledge the contagious nature of Covid-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by Covid-19 by attending HUGS Gymnastics and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by Covid-19 at HUGS Gymnastics, may result from the actions, omissions, or negligence of myself and others, including, but not limited to HUGS Gymnastics employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including but not limited to, personal injury, disability and death), illness, damage, loss, claim, liability or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at HUGS Gymnastics, LLC or participation in HUGS Gymnastics programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of a relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of HUGS Gymnastics, its employees, agents, and representatives, whether a Covid-19 infection occurs before, during, or after participation in any HUGS Gymnastics program.

PROTOCOLS IN AGREEMENT WITH ATHLETE AND GUARDIANS

1. Athlete will NOT come to practice if they have a temperature or do not feel well in anyway. Athlete will be fever free for 72 hours with no medication prior to returning to the gym.
2. Each athlete will be required to bring their own water bottle to drink. The drinking fountain is closed.
3. Guardians agree to discuss new policies with your athlete prior to practice.
4. Athletes will not arrive more than 5 minutes prior to practice starting and parents will pick up promptly on time.
5. Masks are required to be worn to enter the lobby and during transitions.
6. Lobby is closed for viewing to guardians of participants over age 5. Athletes under 5 are to have 1 guardian in the lobby who is required to wear a mask.
7. I will not bring my child to class if they or anyone in my house has been exposed to a positive COVID -19 case without a 14-day quarantine period.

Symptom Acknowledgement

I am acknowledging that I will not send my student to practice if any of these symptoms exist.

- Temperature in excess of 100.4° Fahrenheit
- Shortness of breath or difficulty breathing
- Muscle and body aches
- Sore throat
- Congestion or runny nose
- Diarrhea
- Cough
- Fatigue
- Headache
- New loss of taste or smell

- Nausea or vomiting
- Positive test for COVID-19
- Suspected or diagnosed case of COVID-19

Contact Acknowledgements

I am acknowledging that I will not send my child to HUGS if, within the 14 days prior to visiting HUGS Gymnastics, he or she has been in close contact with an individual who has either tested positive for or is suspected of having COVID-19, during the highly contagious period. For the purposes of this screening, "close contact" is defined as having been within six feet of the individual for a period of at least 15 minutes, or residing in the same household as the individual. For the purposes of this screening, the highly contagious period is defined as starting from 2 days prior to the onset of symptoms or, if asymptomatic, from 2 days prior to the positive test date, until isolated.

Signature of Parent/Guardian: _____ Date: _____

Print name of Parent/Guardian: _____ Name of Athlete _____

Emergency Contact Phone Numbers _____

Please initial each line below.

- Masks are required for all gymnasts to enter HUGS and must be worn during each transition, i.e. entering, exiting, and walking from one event to another. Masks will not be required while doing gymnastics. ***This is a new policy***
- Our lobby is CLOSED! *Only* parents of gymnasts under 4 may enter and only ONE parent per gymnast. No exceptions.
- Bathrooms are CLOSED! Bathrooms may only be used by gymnasts. We apologize for the inconvenience but we cannot have parents and sibling entering the lobby and using the bathrooms.
- All high touch areas have been closed including drinking fountains and vending machines. Please send a water bottle with your child.
- No food allowed in lobby or gym.
- Please pre-screen your child at home before coming to the gym. If they are experiencing any of the Covid symptoms, do not bring them to practice.
- Parents of children under 4 MUST stay seated in the designated chairs at all times. We understand that you may be unable to see the class but please keep in mind none of the other parents are even allowed in the gym. The purpose of you being in the lobby is to help your child use the bathroom, if needed. We cannot have parents standing by the glass or walking around the lobby for the safety of our gymnasts and staff. Do not move the chairs or stand next to them, please stay seated.
- Please talk to your child about the importance of moving quickly while removing shoes and coats. Now that it is getting colder, we do not want anyone waiting outside longer than they need to. Having said that, please make it easy on your child by limiting layers and wearing shoes that are easy to slip on and off.
- Please keep your child home from practice if anyone in your home has tested positive, has been in close contact, is quarantined, or is awaiting test results.
- We are currently unable to offer any makeup classes or open gyms at this time. All classes must remain static.
- All transactions are final, we do not offer refunds. In the event shut down due to COVID, we will place a credit on your HUGS account to be used at any time in the future.