

CITY OF VERO BEACH RECREATION DEPARTMENT WINTER SESSION 2022 REGISTRATION INFORMATION

January 25th – March 5th

Please check ALL classes that apply below:

Tuesday Classes

Tuesday Beginner Gymnastics (6 years & up)
4:00 – 5:00 \$50(City) \$70(County)

Tuesday Intermediate/Advanced Gym (6 years & up)
Requirements: must have a mastered cartwheel and backbend to participate
5:00 – 6:00 \$50(City) \$70(County)

Thursday Classes

Thursday Acro -Tots (3–5 years)
4:00 – 5:00 \$50(City) \$70(County)

Thursday Aerial/Gym (6 years & up)
Requirements: must have a mastered cartwheel and backbend to participate
5:00 – 6:00 \$50(City) \$70(County)

Wednesday Classes

Wednesday Acro -Tots (3-5 years)
5:00 – 6:00 \$50(City) \$70(County)

Wednesday Tumbling/Acrobatics (6 years & up)
6:00- 7:00 50(City) \$70(County)

Saturday Classes

Saturday Acro -Tots (3-5 years)
9:00 – 10:00 \$50(City) \$70(County)

Kidnastics (6 years & up) - combined with Acrotots
10:00 – 11:00 \$50(City) \$70(County)

Kidnastics (6 years & up)
11:00 – 12:00 \$50(City) \$70(County)

Saturday Aerial/Gym (6 years & up)
Requirements: must have a mastered cartwheel and backbend to participate
12:00 – 1:00 \$50(City) \$70(County)

IT IS HIGHLY ENCOURAGED FOR PARTICIPANTS TO WEAR A MASK AT ALL TIMES WHILE IN CLASS

Registration for gymnastics is limited and will be accepted on a first-come, first-serve basis. The City of Vero Beach Recreation Department reserves the right to cancel any program due to insufficient enrollment with a credit issued.

****Fill in all of child’s information (Please Print)***

Student Name: _____ **M/F:** _____ **Age:** _____ **Birthday:** ____ / ____ / ____

Guardian #1 Name: _____ **Cell #:** (____) _____ **Work #:** (____) _____

Relation to child: _____ **Email:** _____ @ _____

Guardian #2 Name: _____ **Cell #:** (____) _____ **Work #:** (____) _____

Relation to child: _____ **Email:** _____ @ _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Insurance Company: _____ **Are you a City Resident*:** YES / NO
(*a city resident resides within the Vero Beach city limits)

In the event parents are not available, whom should we contact in case of emergency?

Name: _____ **Phone:** (____) _____ **Relation:** _____

Name: _____ **Phone:** (____) _____ **Relation:** _____

How did you hear about Centerstage? _____

REFUND/CREDIT POLICY:

In all cases fees are not refundable. A Credit slip will be given minus any classes attended and/or missed from the beginning of the session to point of cancellation & a \$20.00 cancellation fee will be applied.

**I have read and fully understand the refund/credit policy*

–Guardian Initials: _____

Would you like to help scholarship another child through a gymnastics session?

YES, I would like to help another child attend a gymnastics session and will donate \$ _____ towards another participant.

GUARDIAN SIGNATURE: _____ **DATE:** _____

CENTERSTAGE PROTOCOLS

Based on national, state, and local guidelines concerning COVID-19, Centerstage gymnastics believes it is possible, with proper modifications, for smaller groups of gymnasts to return to gymnastics safely. Our goal is to gain the physical and mental benefits of gymnastics while maintaining a safe workout environment for our staff and your gymnast. With the size of our facility and adherence to our new protocols, we feel this is an attainable goal.

**The following are steps we plan to employ to protect our gymnasts, their families
as well as our staff and their families.**

Illness

We will have zero tolerance for any illness. Gymnasts must be symptom-free. Your gymnast must not have a fever of 100 degrees, runny nose, sore throat, cough, fever, nausea, vomiting, or diarrhea to attend class. While at Centerstage, if a gymnast develops any of the above symptoms a parent/guardian will be called and they must be picked up immediately.

If anyone in your family living in your house tests positive for the COVID-19, your gymnast must wait at least 10 days and conform to the latest health department guidelines to start or resume class. If your gymnast or any of your family has exposure to COVID-19, your gymnast must wait 10 days to return to class, or show proof of a negative test result and then they can return without waiting the 10 days. The same rules apply to coaches and staff.

Entering and Exiting Centerstage

All payments and registrations will be made in the front office of Leisure Square. Gymnasts will not be admitted early to class; parents please remain in your car and wait until your child is checked in before driving away.

Due to COVID-19 limitations no one is permitted in our parent viewing room, parents must wait in their car during classes; only the gymnast may enter the gym. Children ages 3 and older are highly encouraged to wear a mask during class.

Gymnasts will enter the building after being checked in, then proceed to a sanitization station to sanitize hands and remove their shoes - all while maintaining social distancing.

Gymnasts and coaches will be HIGHLY ENCOURAGED to wear a mask during class.

The water fountain will be off-limits due to sanitization and the possibility of a congregation in that area. Please send your child with a water bottle.

Please send your gymnasts into class with as little as possible.

Protocol for Safe Physical Distancing on the gym floor

Centerstage Gymnastics is perfectly designed to maintain social distancing. Since we teach with stations, this will allow the children to have their own area on each event. Cleaning of equipment will be done before, during and after class. While participating in the programs offered by the City of Vero Beach Recreation Department Gymnastics, there will be times when physical contact, spotting of skills with your child will occur.

Only one person at a time will be allowed in the bathroom. Please encourage your daughter/son to use the bathroom before she/he comes to gymnastics.

Personal Hygiene

Please have your gymnasts wash their hands at home for 20 seconds before leaving for the class. Upon arrival, the gymnast will have his/her hands sanitized. Gymnasts and coaches will use hand sanitizer between events. All coaches will sanitize their hands before the next class. We recommend that girls wear their hair slicked back with a product to avoid Unnecessary touching of their faces.

Masks

Coaches and gymnasts are highly encouraged to wear masks. Any child 3 years and older entering the gym with a mask will be encouraged to keep it on during the class.

Disinfecting of the Gym between classes

We will disinfect the gym after each class using a disinfecting products for all surfaces After each classes, we will clean all the sanitizing stations and thermometers, wipe down with disinfectant all door handles, light switches, and any hard services.

Disinfecting of the Gym

We will deep clean daily when the gym is closed, repeating the above steps but adding floors and mats.

We will continue to monitor the status of the COVID-19 and follow the mandates for national, state, and local officials. If mandates ease, then we will re-evaluate our protocols as needed.

Thank you for your support!

I HAVE READ AND UNDERSTAND ALL CENTERSTAGE PROTOCOLS.

INITIALS

PARENT/GUARDIAN NAME PRINTED: _____

PARENT/ GUARDIAN NAME SIGNATURE: _____ DATE: _____

PARTICIPENT NAME PRINTED: _____ DATE: _____

CITY OF VERO BEACH
RECREATION DEPARTMENT
2266 14th Avenue
Vero Beach, FL 32960
(772) 567-2144

General Liability Release and Indemnity Agreement

In consideration of the acceptance of my participation and/or the participation of my child or ward in the City of Vero Beach Recreation Department program, its activities and events, and with the understanding that the program, activities, and events in which I and/or my child or ward participate carry with them the potential for serious injury, death, and property loss or damage, which risks include, but are not limited to, those caused by terrain; facilities and equipment; swimming pools and fountains; water conditions, including, but not limited to, pollution, temperature, currents and waves; participant's abilities and equipment; vehicular, pedestrian and vessel traffic; weather; temperature; and actions of other people, including, but not limited to, participants, volunteers, spectators, coaches, officials, monitors, media, and sponsors/producers of the program, activity, or event, I RECOGNIZE AND AGREE TO ASSUME ALL RISKS known and unknown that arise or might arise incidental to such participation, and, on my own behalf, on behalf of my child or ward, and on behalf of my and my child's or ward's parents, guardians, heirs, executors and administrators, next of kin, successors and assigns, RELEASE and forever discharge the released parties defined below, of and from any and all liabilities, claims, demands, damages, actions, costs or expenses of any nature, known or unknown, arising out of or in any way connected with my participation and/or the participation of my child or ward in the City of Vero Beach Recreation Department program, its activities and events, and I further agree to indemnify and hold each of the released parties harmless against any and all liabilities, claims, demands, damages, actions, costs or expenses of any nature, including, but not limited to, all attorney's fees and disbursements, arising out of or in any way connected with my participation and/or the participation of my child or ward in the City of Vero Beach Recreation Department program, its activities and events.

The released parties are the City of Vero Beach, its elected officials, officers, employees, agents, representatives, volunteers, their successors and assigns, and event sponsors, producers, their agents, successors and assigns. I understand and agree that this General Liability Release and Indemnity Agreement includes any claims based on the negligence, actions or inaction of any of the released parties and covers bodily injury, death and property damage or loss, whether suffered by me and/or my child or ward, before, during, or after such participation, including travel to or from an activity or event whether by private transportation or City of Vero Beach provided transportation, or on account of any first aid treatment or service.

I certify that I and/or my child or ward are physically fit, sufficiently trained and capable to participate in the City of Vero Beach Recreation Department program, its activities and events, and have not been advised otherwise by a qualified medical person. I authorize medical treatment and services for myself and/or my child or ward if the need arises and I assume all responsibility and will fully indemnify the released parties for all medical and other costs incurred for such treatment and services.

I understand that participants may be videotaped or photographed during recreation department program activities and events. My photo, video and film likeness, and that of my child or ward, may be used by the program, activity, and event holders, producers, sponsors, organizers and/or their assigns for any legitimate purpose and I will hold the released parties harmless, on behalf of myself and my child or ward and the parents, guardians and others as outlined above, for such use.

If the participant is a minor or otherwise legally incapacitated, the undersigned parent and natural guardian or legal guardian of the participant hereby represents and certifies that he or she is, in fact, the parent or legal guardian of said child or ward and that he or she possesses the authority to act in such capacity and does hereby so act and agrees to indemnify and hold harmless the released parties from all liabilities and costs as outlined above as may be imposed upon the released parties because of any defect in or lack of legal capacity to execute this release and so act and to release said parties on behalf of the child or ward and parents or guardians and others as outlined above.

I have carefully read this release, understand its contents, and voluntarily signed it below.

PLEASE PRINT

Participant Name: _____ Age: _____

Parent/Guardian Name: _____

Address: _____

City/Zip: _____

Telephone: _____

Emergency Contact Name and Telephone Number: _____

Signature: _____ Date: _____

(Parent/ guardian must sign for children under 18 or legally incapacitated)

Witness Signature: _____

Print Witness Name: _____

USA GYMNASTICS

Gymnastics Safety Guidelines

- I. **ASSUMPTION OF RISK.** Participation in gymnastics activities involves motion, rotation, and height in a unique environment and as such carries with it a reasonable assumption of risk.
WARNING! Catastrophic injury, paralysis, or even death can result from improper conduct of the activity.
- II. **COMPETENT SUPERVISION.** Do not participate in any gymnastics without competent supervision.
- III. **POTENTIAL MEDICAL EMERGENCIES.** Instructors, supervisors should be aware of the potential medical emergencies that could occur in gymnastics and be prepared to adequately respond to them in an appropriate manner.
- IV. **BE PREPARED TO PARTICIPATE.** Dress appropriately, follow accepted warm-up practices, and be mentally prepared to engage in the activity.
- V. **CAREFULLY CHECK EQUIPMENT.** Before directly engaging in any gymnastics activity, make sure the equipment is adjusted and secured and that adequate matting appropriate to the activity is in the correct position.
- VI. **CARELESSNESS CANNOT BE TOLERATED.** Gymnastics is an activity requiring active concentration. HORSEPLAY or any other form of carelessness cannot be tolerated at any time for any reason. Consult your instructor.
- VII. **FOLLOW PROPER SKIL PROGRESSIONS.** A safe learning environment includes a correct understanding of the skill being performed and following proper skill progressions. When in doubt, always consult your instructor.
- VIII. **MASTERING BASIC SKILLS.** Safe learning practices demand mastering basic skills before progressing to new and/or more difficult levels.
- IX. **ATTEMPTING NEW AND/OR DIFFICULT SKILLS.** The readiness and ability level of the performer, the nature of the task, and the new competency of the spotter all must be taken into consideration when attempting a new or difficult skill.
- X. **PROPER LANDING TECHNIQUE.** Safe dismounts, as well as unintentional falls, require proper landing techniques. No amount of matting can be a fail-safe. Avoid landing on head or neck at all costs as serious catastrophic injuries may result.

I HAVE READ AND UNDERSTAND ALL OF THE GYMNASTICS SAFETY GUIDELINES/RULES AND REGULATIONS FROM USA GYMNASTICS AND THE CITY OF VERO BEACH RECREATION DEPARTMENT'S GYMNASTICS PROGRAM:

Participants Name: _____

Print Parent/ Legal Guardians Full Name: _____

Signature: _____ Date: _____