

Adult Registration Form 2024

By signing this form:

1. I understand that Capital Gymnastics' open adult's session runs from 8pm till 9.30pm ONLY and I will vacate the premises by 9.35pm so the coaches can lock up and alarm.
2. I agree that I will not train or remain in the Capital Gymnastics facility after the adult's class.
3. I have read and understood all the specific gym rules around safety – and understand what equipment is allowed to be used and how adults are allowed to use it.
4. I will not attempt any skills that I am not capable of performing to a safe standard and will ensure that I have practiced all the drills required before trying new skills.
5. I will ensure that I sign in and pay or have my card clipped, before each session.

I understand and agree that not abiding by these conditions, would be a breach of the rules and Capital Gymnastics may not continue to run these classes if breaches occur.

Declaration

I, _____, declare that I have read and understand the conditions of the rules detailed above and accept them fully.

Signed by: Date:

Full Name: _____

D.O.B: _____ Phone _____

Email: _____

EMERGENCY CONTACT DETAILS:

Name: _____

Phone: _____



Adult Safety and Equipment Rules

These pieces of equipment are NOT to be used by adults at any time under any circumstance:

- Gymnova RED uneven bars
- The SMALL red set of rings, uneven bars and parallel bars (preschool weight only)
- Little Red Beat board (preschool weight only)

These pieces of equipment are allowed to be used with the following conditions:

Tumble Track

- Only one direction is allowed to be travelled – that being toward the mat at the end of the track
- One person is permitted at a time only. There is never to be more than one person on this track at any time
- At no time may shoes or other items be used on this tramp

Big Trampolines

- One person is permitted at a time only. There is never to be more than one person on each trampoline at any time
- Socks or trampoline shoes must be worn at all times

Rings

- You must hang from the rings by your hands only – do not hang from legs.
- Adequate matting must be put under the rings while in use
- NO swinging is permitted

Beams

- To be used for gymnastics only – No parkour or jumping over

Other:

- No jumping against walls (wall flipping)
- All equipment must be returned to their designated home at the end of the session