OPEN GYM RULES AND POLICIES

- **Participants under the age of 13 must be directly supervised by a parent or guardian.**
- There is absolutely no running or horseplay.
- Open gym should be used to practice skills. It is not a lesson.
- Any participant causing disruption will be asked to leave without a refund.
- No food, gum or drinks are allowed in the gym area.
- I-Power staff may restrict any skill or use of equipment if they feel that it's unsafe.
- Only 1 person should be on any piece of equipment at a time.
- Participants should not attempt any skills that they have not been safely prepared to perform. There are no shoes allowed on any equipment including the trampoline or tumble trak; Cheer shoes are acceptable, as long as they are clean.
- Personal items should be left in cubbies. Leave cell phones, money or property in cubbies at your own discretion. *I-Power is not responsible for lost or stolen items.*
- I-Power is a children's facility. There must be no vandalism, profanity, misuse of equipment, fighting, yelling, hitting or horseplay of any kind.
- Be aware of other participants that may be tumbling or dismounting around you.
- Chalk use should only be used by athletes working on bars
- Athletic tape is for use by I-Power Competitive team and/or I-Power Xcel Team only. If you need athletic tape, you must supply your own.
- Participants should NOT pick at pit foam, throw pit foam or engage in rough play in pit.
- If rules are not followed, you will be asked to leave without refund.

Participants Name: _____ *(printed)*

_____ *(printed)*

Participants Signature: _____
(Parent sign, if participant is under 18)

Date: _____

I-Power School of Gymnastics, Inc.
(Main facility)
215 S. Staley Road
Champaign, IL 61822
217-359-3547 (www.ipowergymnastics.com)

I-Power Preschool Gym
(Preschool facility)
301 S. Staley Road
Champaign, IL 61822

OFFICE USE ONLY **Release Form on file___**

Payment Method
Cash__ Check__ Punch Card __ CC__