



# 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.
- 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.
- Any participant causing disruption will be asked to leave without a refund.
- If rules are not followed, you will be asked to leave without refund.

Participants Name (printed): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*(Parent signature if participant is under 18)*

**(Main Facility)**  
301 S. Staley Road Champaign  
**(Preschool Facility)**  
215 S. Staley Road Champaign  
217-359-3547  
(www.ipowergymnastics.com)

**OFFICE USE ONLY**

**Release Form on file** \_\_\_ *(staff initials)*

Payment Method:

Cash \_\_\_ Check \_\_\_ CC \_\_\_ Punch card \_\_\_ Pass \_\_\_

Employee \_\_\_ Employee children \_\_\_

Level 3 – 10 Boys/Girls team member \_\_\_

Xcel Silver/Gold/Platinum/Diamond team member \_\_\_