

Open Gym Guidelines
Tuesdays and Thursdays, 12/4/18 to 3/21/19
No Open Gym on Dec. 13, 20, 25 or Jan. 1

All participants must complete a waiver and emergency contact form before playing. If the participant is a minor (under age 18), a parent or guardian must give permission by also signing the form.

Family gym time rules (5:15 to 6:45 p.m.)

- **Children *under age 7* must be accompanied by a related adult.**
- The gym will be in use till 5:15 p.m. by a youth team, so there's no need to come early. **Pick children up promptly at 6:45.**
- All participants must sign in and leave phones/devices on the table.
- Be respectful of others and church property.
- Keep your hands to yourself.
- No punching, pinching kicking, headlocks, pushing, etc.
- No running in and out of the building without permission.
- No bad language.
- No name-calling, insults, putdowns, etc.
- No dunking or hanging on the rim.
- No hanging out in the entryway or drinking fountain hallway.
- No food in the gym.
- The preschool playground south of the church is off limits.
- If a child is injured or involved in a behavioral incident, volunteers will call emergency contact number to request the child be picked up.

Teens (ages 14+) and adults (7 to 9 p.m.)

- All participants must sign in.
- Be respectful of others and of church property.
- No swearing or foul language.
- No dunking, hanging on the rim, grabbing the net. Any participant who does will be asked to take a seat or leave. This is a safety issue.
- Come to stay – if you leave the building, you may not be readmitted.
- No hanging out in the entryway.

Open Gym Waiver, Emergency Contact Info

By signing, I affirm that I have read the guidelines for Open Gym at Christ United Methodist Church and agree to follow them as a condition of my participation.

Further, I understand that Christ UMC is not responsible for any injury I may receive as a result of my participation.

Participant's signature

Today's Date

Participant's name (print)

Date of birth

Participant's address, including town (print)

Participant's phone number (write clearly!)

Parent or guardian signature if participant is a minor
(signing signifies permission for minor to participate and affirms that the guidelines have been discussed with the participant)

Emergency contact name(s)

Relationship

Emergency contact phone number(s) (write clearly!)