

RGA Camp Disclaimer

- I understand and agree that gymnastics is hazardous and that injuries can result from this activity.
- I understand and agree that the use of the RGA facility and equipment, otherwise than in accordance with the coaches' instructions may itself be hazardous and lead to injury.
- I understand and agree that whilst the gymnasts are in the gymnasium no other member of the gymnast's party will be allowed inside the gymnasium.
- I understand and agree that participant will not be allowed inside the gymnasium without a RGA coach.
- I understand and agree that no food or drink shall be taken into the gymnasium (including water bottles).
- I also understand and agree that no jewellery is allowed to be worn during gymnastics activity including earrings. Taping up earrings is not accepted.

I further certify that:

- The participant is physically fit and able to take the strain and exertion in participating in gymnastics activities.
- I have/will inform a member of RGA staff of any past injuries which may affect the participant's ability to participate in gymnastic activities.
- The participant has no medical conditions that may be triggered or aggravated by participating in gymnastic activities.
- The participant will adhere to the safety regulations set out by RGA staff members when using the equipment.

The RGA reserves the right to refuse entry or remove anyone not abiding by these rules.

The RGA will have no liability to you under these arrangements.