

# BASINGSTOKE GYMNASTIC CLUB



## Home Gymnastics and Exercise Disclaimer

Please Review the following carefully.

The purpose of the Disclaimer and Notice is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program, and to help you make an informed decision about whether you should participate in these activities. Live sessions offer opportunities for interaction between the gymnasts and coach/instructor at scheduled times without attending a specific club or venue. This can be done in the comfort of their own home or space available to them and allows specific guidance to be given at that time from the coach/instructor directly to the gymnast.

The live sessions are the most effective method that allows a coach/instructor to give specific feedback, encouragement, and guidance to help develop the gymnast within their floor-based activities. These sessions can be predominantly used to focus on specific strength and conditioning exercises as well as flexibility/range of movement activities

- Basingstoke Gymnastics coaches/instructors will only cover floor-based activities which appear in their accredited syllabus.
- When taking part in floor-based activities you must ensure all gymnast and parent/guardians have checked there is adequate height and space before carrying out the activity.
- You should understand that participating in any exercise or gymnastics program carries the possibility of physical injury.
- You should be in good physical condition and should only participate and watch recorded zooms which are aimed for your level of gymnastic ability.
- If you choose to engage in these exercises of gymnastic activity, you agree that you do so at your own risk, you are voluntarily participating in these activities, and assume all risk of injury to yourself.
- Parents should be present at log in/start of session and can come away when other gymnasts log in, but parents need to be in close proximity of the gymnasts, just in case the gymnast needs anything from their parent.
- If any gymnasts are hurt at any time during the session, please can parents highlight this to the coaches taking the session and guidance will be given if required to manage the injury.

Basingstoke Gymnastic Club expressly disclaims liability for all damages and assumes no liability or responsibility for any loss, injury, or damage suffered by any person as result of the use, misuse, reference to, reliance on, or result obtained from any information, videos, audio or gymnastics material made available from Basingstoke Gymnastic Club.

## Disclaimer

By following any of our activities or any of our videos, you understand that physical activities, in any form, carry the risk of injury. You understand that it is your responsibility to know your physical and mental capabilities for activities you choose to do. You are responsible to ensure that, by participating in and using our activities, you will not exceed your limits or skill level. You shall select the appropriate level of activity for your skills and abilities, as well as for any mental or physical conditions or limitations you may have. From time to time, the activities may suggest physical adjustments or the use of equipment, but you shall be solely responsible to determine if any such suggested adjustment or equipment is appropriate for your level of ability or physical or mental condition.