

# Michigan NAWGJ FUN State Meet

Gymnast: \_\_\_\_\_ Gym: \_\_\_\_\_

Parent(s)/ Guardian(s): \_\_\_\_\_

Accident Medical Coverage provided by: \_\_\_\_\_

## USA GYMNASTICS SAFETY GUIDELINES

1. **ASSUMPTION OF RISK.** Participation in gymnastics activities involves motion, rotation, and height in a unique environment and as such carries with it a reasonable assumption of risk that removes liability from NAWGJ and all staff. **WARNING!** Catastrophic injury, paralysis or even death can result from this activity.
2. **COMPETENT SUPERVISION.** Do not participate in any gymnastics activity without competent supervision by coaching staff.
3. **BE PREPARED TO PARTICIPATE.** Dress appropriately, follow accepted warmup practices, and be mentally prepared to engage in the activity.
4. **CAREFULLY CHECK EQUIPMENT.** Before directly engaging in any gymnastics activity, make sure the equipment is adjusted and secured properly and that adequate matting appropriate to the activity is in the correct position. Do not assume equipment is safe merely because you see others using.
5. **CARELESSNESS CANNOT BE TOLERATED.** Gymnastics is an activity requiring active concentration. Horseplay or any other form of carelessness cannot be tolerated at any time for any reason. Consult your instructor.
6. **FOLLOW PROPER SKILL PROGRESSIONS.** A safe learning environment includes a correct understanding of the skill being performed and following proper skill progressions. When in doubt, always consult your instructor.
7. **MASTERING BASIC SKILLS.** Safe learning practices demand mastering basic skills before progressing to new and/or more difficult levels.
8. **ATTEMPTING NEW AND/OR DIFFICULT SKILLS.** The readiness and ability level of the performer, the nature of the task, and the competency of the spotter all must be taken into consideration when attempting a new or difficult skill.
9. **PROPER LANDING TECHNIQUE.** Safe dismounts, as well as unintentional falls, require proper landing techniques.

No amount of matting can be fail-safe. Avoid landing on head or neck at all costs as serious catastrophic injuries may result.

The undersigned hereby agrees to indemnify and hold harmless MI NAWGJ and staff for any and all injuries sustained by the participating gymnast while at the Michigan NAWGJ Pre –Team/Xcel Bronze State Meet, including but not limited to classes, practices, open workouts, exhibitions, demonstrations and competitions.

I have read and understand the GYMNASTICS SAFETY GUIDELINES.

\_\_\_\_\_  
Signature of Parent of Guardian

\_\_\_\_\_  
Please Print Name

\_\_\_\_\_  
Date