



# Cascade Rhythmic

## Information/Policies

Welcome to Cascade Rhythmic (hereby also referred as The Club)! Please read the following Policies to maintain productive training and positive atmosphere in the club.

### General Rules

- No child is permitted to attend class without filling out the enrollment form and signing a waiver by her parent/guardian.
- Only gymnasts may enter the gym carpet area. We provide a special seating area where parents/guardians may wait for their children.
- Gymnasts must be on time for practice. Parents must pick up their children on time. As a USAG member club we have to abide by the "Safe Sport" rule. We are unable to supervise children prior or post class time.
- If the parent needs to speak with your child's coach, please do so after class. The coach will inform the parent if a behavioral situation requires your attention.
- No food, drink (except water), or gum is allowed in the gym.
- All clothes and personal belongings must be left at the designated cubbies/shelves. Remove shoes before stepping onto the carpet. Shoes, water bottle and gymnastics apparatus should be left at the designated area next to the carpet.
- Gymnasts must stay respectful to their coaches and fellow teammates. No bullying, arguing or gossiping is allowed. Approach the coach immediately if you don't feel safe.
- The Club and its instructors reserve the right to dismiss any student at any time for conduct that might convey a negative image or be deemed harmful to fellow students, instructors, and any other person or property located within or outside the gym.
  - Gymnasts only ask coaches, teammates, or teammates' parents for bandaids, first aid kit, or other essentials. Please do not ask anyone else not from the Club.
  - Should you decide to leave this club, please provide a written notice (email) at least 1 month prior to the beginning of the next payment period.
  - Video/Images: The Club might use pictures of training/competitions videos of your child to use on Cascade Rhythmic website, promotional material and social media. Please let us know if you wish to remove your child from any content.
  - Holiday Policy: The Club will be closed on the following days/holidays: New Year Day, Memorial Day, July 4th Independence Day, Labor Day and Thanksgiving Day. We may be closed during Christmas break: December 24 to January 2. Please understand that the monthly tuition for December stays the same since it affects the rest of the monthly payments.
  - Physical Interactions: Flexibility is an important aspect in rhythmic gymnastics but stretching some times can be very painful. The instructors are professionals who know what they do. They will teach your child the difference between good pain and bad pain. Please note that physical interactions between coach and student will be part of daily routine. If a student or parents are not comfortable with it, please let the coach/manager know right away.
  - Dress Code: Gymnasts should wear black tank-tops (or t-shirts), black stretchy shorts, and half-sole gymnastics shoes, with hair in a bun and no jewelry.

Parent Initials: \_\_\_\_\_ Gymnast(s) Initials: \_\_\_\_\_; \_\_\_\_\_