

CrossFit Stallings

CrossFit Kids Stallings Waiver / Emergency Card & Photo Release

Today's Date: ___/___/___

Name of participant: _____ Sex: ___M___F___ Age

Parent/Guardian:(s) _____

Address: _____

City _____ Zip _____

Home Phone: _____ Alternate phone (parent's cell phone): _____

Parent(s) email: _____

Participant's DOB: ___/___/___

Physician's name: _____ Date of last physical: ___/___/___

In case of emergency please notify: _____

Phone: _____

List all current medications: Medicine, Dosage & Reason

1. _____

2. _____

3. _____

• Has your child ever been restricted from physical activity for medical reasons? Please explain:

• Is there anything you would like us to know about your child?

The following people have my consent to pick up my child from CrossFit Stallings 3332 Smith Farm Rd, Matthews, NC 28104

Name/Relationship/Cell phone _____

Name/Relationship/Cell phone _____

Name/Relationship/Cell phone _____

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By signing this document, I acknowledge that it has been suggested to me by CrossFit Stallings to obtain a physician's examination for my child and approval prior to him/her beginning this exercise program. I fully understand that the program is strenuous and I choose to have my child participate. I accept all responsibility for my child's health and any resulting injury or mishap that may affect his/her well-being in any way. I hold CrossFit Stallings harmless of any responsibility the instructor, the facility or any persons involved with this program or testing procedures.

Parent's Printed Name

Date

Signature of Parent/Guardian (for participants under age 18)

Witness

Photo Release

I hereby give permission for images of my child, captured during regular and special activities, through video, camera and digital camera, to be used solely for the purposes of CrossFit Stallings, CrossFit Kids Stallings and CrossFitKids.com, in its promotional material publications and website, including social media. I waive any rights of compensation or ownership thereto. Last names of minors will not be given or posted on the internet or website.

Name of Minor: _____

Name of Parent/Guardian: _____

Signature: _____ Date: ____/____/____

Membership Agreement & Cancellation Policy

All monthly memberships (for adults and kids) are automatically set to renew on the first of every month. If a membership is purchased after the first of the month the rate will be automatically pro-rated for the remainder of the month and the full membership price will be charged on the first of the following month. The AMAZON account used for the initial payment will be automatically used for the next months payments, If you wish to cancel your membership you may do so before the first of the month. Please submit via email to Trish@crossfitstallings.com your request to cancel your membership. Any month that has been paid for is **non-refundable**.

If you have purchased a punch card it is valid for 3 months from the date it was purchased. This card does not automatically renew and you may purchase additional cards from our web site at any time.

Please Print Name Clearly

Signature _____ Date

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CrossFit Kids Stallings Rules - please discuss these rules with your child

1. CFKid's first goal is to have fun through movement and play.
2. CFKid's are to sit calmly and patiently in the designated area until class begins. No child is allowed on equipment at any time especially during parent's wod times. After CrossFit Kids Stallings wod is finished please gather your kids and for safety do not allow them to play on the equipment.
3. CFKid's are to adhere to CrossFit Stallings safety rules as dictated by trainers.
4. CFKid's are to use encouraging words towards self and others.
5. CFKid's are expected to be prepared and on-time for class.
6. Once CFKid's are in the trainer's care, CF parents are to watch. We ask that you don't talk to or cheer on your child specifically or come onto the mat unless asked by a trainer to assist with your child. When cheering please cheer in a general manner (Way to go, keep up the good work, good form, awesome job)
7. CFKid's are asked to not chew gum during wod time.
8. CFKid's are asked to wear appropriate athletic attire (shoes, socks, t-shirts, workout shorts or pants, no jewelry). Please make sure their shoes are clean. Girls may not wear sports bras only and boys may not take their shirts off.
9. Profanity will not be tolerated.
9. CFKid's are not allowed on mats or into the gym until asked by a trainer. CFKid's are to remain in the designated area when they are not participating in a workout.
10. CFKid's are not allowed to enter the back area of the gym. This is an adult only area. The bathroom in the front of the building is to be used for CFKid's.
11. CFKid's are to treat the equipment with respect and always use the equipment in a safe manner.
12. Each week each CFKid's participant should come prepared with an item of homework that he or she is working on in school. At the end of some wod's we will have a ten minute homework session. It has been proven that when we get kids to move it improves brain function by stimulating hemisphere connectivity. Physical exercise that can make you smart!
13. CFKid's must behave appropriately and not be disruptive to the class. If a child is disruptive they will be given a warning first, they will be removed from class for a short period of time for the second offense and if there is a third offense the child will not be able to participate in the rest of class.
14. Children under the age of 13 may not be left at the facility. There must be a designated adult with the child.
15. Children between the ages of 13-18 do not have to have an adult present, However, they must be picked up when class time ends.
16. If for any reason a child is acting disoriented or behaving in a manner that puts them or others at risk they will not be allowed to participate in class. If a child or parent are suspected of being under the influence of alcohol or drugs they will be asked to leave.

CrossFit Kids Stallings is not simply a scaled down version of CrossFit, it is entirely absolutely geared and designed for a special population and the specific developmental needs of that population. (Neurological, cognitive, motor)

_____ Initial confirming you have read the above information and understand the rules of CrossFit Kids Stallings

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Legal Disclaimer

IMPORTANT INFORMATION ABOUT YOU AND YOUR CHILD'S HEALTH:

- CrossFit Kids Stallings and CrossFit Stallings services are not a substitute for professional medical advice or a medical examination.
- Prior to participating in any program, activity, or exercise you should seek the advice of your physician and other qualified health-care professionals.
- You understand that these exercises can be strenuous and should be done in moderation. There is an inherent risk in any exercise that, while providing some health benefits, can also cause unknown health issues.
- You understand that there are weights, balls, bars, mats, chairs, and many other items commonly associated with a gymnasium that can be left around by any person associated with CrossFit Kids Stallings and CrossFit Stallings.
- It is every person's responsibility to anticipate these items being left in places where they can cause injury.
- Application or reliance on the techniques, advice, ideas, and suggestions of any person associated with CrossFit Kids Stallings and CrossFit Stallings are at the sole discretion and risk of the participant and his/her parent and guardian.
- You agree, by participating in any program associated with CrossFit Kids Stallings and CrossFit Stallings, that CrossFit Kids Stallings and CrossFit Stallings shall not be liable for any direct, indirect, special, consequential, or exemplary damages for any injury or harm to you or your child incurred in or around the property where exercise occurs.

_____ Initial confirming you have read the above information and understand the legal disclaimers for CrossFit Kids Stallings