



Although we are fully qualified gymnastics coaches with numerous years of professional experience and first aid training, it is important to note that accidents can and do still happen. We have taken out Public Liability Insurance but would recommend that you take out your own personal accident insurance or medical insurance covering your child against gymnastics related accident or injury.

#### Release of Liability

I agree to waive any claim of any kind whatsoever against the coaches or the gymnastics club with respect to any and all losses, liabilities and damages, injury, suffered or incurred by my child whilst taking part in the coaching programme, howsoever caused.

This is to certify that I am the parent/legal guardian of the above child and agree to the terms of the Release of Liability above and therefore have no objection to my daughter taking part in the coaching programmes.

#### Term Fees and Conditions of Payment:

- \*All Gymnast's parent MUST fill in The DuGym Rhythmic Gymnastics Registration form/update their information before the start of a new term. A waiver form must be signed by each gymnast's parent or guardian.
- \*Membership fee AED 150 per child.
- \*Term fees must be paid in full within the first week of the commencement of term. Late fee %5.
- \*No refund under any circumstances.
- \*Classes are not transferrable to other children. Classes might be cancelled or scheduled to a different venue based on the availability and number of children enrolled for the training.
- \*For Registered Gymnasts, please put the CORRECT amount of money due in an envelope stating your child's name and give it to your coach at the end of the first lesson.
- \*Please make cheques payable to PREMIER SPORTS SERVICES. Write your child name/mobile at the back.
- \*The online Training will run by only DuGym RG Club email address.
- \*Access will only be given to those students who have fully paid for the term.
- \*You need to simply click on the link which is being sent out to you all to access the online training.
- \*The online training will commence when the coach starts the video. Please note there could be some delays, (1-3min) as classes will be run back to back, so we ask you to please be patient in this case.
- \*To minimize the risk of disruption and distraction, all gymnast's cameras will be muted by the teacher. If they have a question, they should just pause what they are doing and raise their hand. Then the coach will then give them permission to un-mute.
- \*The online training will show best on a laptop or iPad, you can also do it through your TV ( we advise you to have a play around before the online training starts )
- \*To make the coaches's video image the main , please go to the upper right-hand corner of their picture box and click the 3 dots. Scroll down to "pin video". This will then make the coaches video the main one on your screen.
- \*All gymnasts must be in their correct uniform with their hair also done ( the same as they would for their regular training in the hall ) with socks ,shoes ,apparatus (if they don't have apparatus ,soft toy)
- Gymnasts must have some water close by to them, for when and if there is water break.
- \*The main thing is in online training to continue our training ,keep up our gymnasts level ,skills ,strength, muscle memory, flexibility, knowledge, body -apparatus technique etc... according to space.
- Only gymnasts must be taking part in the class, there should be no siblings/parents/nannies etc...
- \*Parents should check and approve the space which the student gymnasts be using prior to the online training commencing.
- \*If you have any pets at home, please ensure they are not able to enter the area where the gymnasts is doing the online training.
- \*There should be NO photos or videos taken by anyone other than the coaches if needed.
- \*Gymnasts should remain silent throughout the training. If they have a question, they can pause what they are doing and

raise their hands ( as they would in class ). The coach will instruct the class if there is to be a group discussion etc... If a student is being disruptive then they will be removed from the online training.

\*If gymnasts must leave the training ,Parent should explain the reason to by email before the class.

\*The online training are not a time for parents to start asking the coaches questions, if you have any questions then please contact our office.

\*DuGym RG &AGG and all it's coaches will not be held responsible should the gymnasts injure themselves whilst taking part in the online training. Taking part in the online training in subject to your choice and risk.

\*Coaches will teach safe elements to avoid any injury according to gymnasts level.

\*For all younger students ( 3-4 years old ) we request that the parents stay with them and help them follow along and join in with them.

\*The gymnasts will NOT be doing anything new or doing any tricks which they do not already do in training. The gymnasts will be doing their regular stretching and conditioning ,muscle memory ,Body –Apparatus main difficulties etc....., which is great for them to keep up their level. When we back to hall they will catch the program easily .

\*In case of any sound, picture or connection interruption, these things are totally out of our control, and therefore DuGym RG and its coaches will not be responsible or delay the training etc... should this happen.

\*Training day and times will be run as updated 1st term online training schedule. The training time will start and promptly.

\*Please only join this online training if you agree to the above. If you are joining our online video, then it means you agree to all points mentioned in this document.

Thank you for your co-operation and support.