



Bristol FCGymnastics
Participation Waiver & Policies
390 West Street, Bristol CT 06010
(860) 582-5437
bristolfcgymnastics.com

Welcome to Bristol FCG!

Thank you for choosing Bristol Future Champions Gymnastics! Our goal is to provide a safe, fun, and positive environment for every athlete. Please review the policies in place before participating.

Attendance & Illness: If your child is sick, has a fever, vomiting, or has another contagious illness, please keep them home until they are symptom free for at least 24 hours. Please provide a doctor's note in the event a child is required to stay out of activities for a set time frame.

Facility Safety: Athletes should wait for FCG's instructors before entering the gym. Only registered participants are permitted on the equipment. Parents and spectators must remain in the lobby where the designated viewing areas are, with the exception of bathroom breaks.

Attire: Athletes have proper attire for gymnastics; leotards are preferred but not required when registered for a recreational class. Child's hair should be tied back and jewelry removed before entering class. no shoes or socks allowed in gymnastics classes, Tot Twisters excluded. (gymnastics shoes allowed)

General Precautions: FCG will be conducting frequent cleaning and sanitizing procedures throughout the day as well as cleaning all class areas after closing by our maintenance department.

Parking: FCG has two parking lots, the front lot is mainly for dropping off, handicap, parents with infants, and staff parking. The second parking lot is in the back of FCG, located off of Myrtle Street. This pathway is fully lit and under 24-hour surveillance. There is no street parking allowed. Parking on the street may result in a ticket from the BPD. You can find our parking map on our website . **The through-way/main entrance is a ONE-WAY area with traffic moving from West St toward Myrtle St to exit. Blocking or parking in front of gates, or in any unauthorized spot could be towed at the owners expense.** Please do not block the driveway or handicapped parking. Athlete drop off is allowed in this area as long as the athlete can quickly and safely exit the car and enter the building. If there is a car behind you, please pull down to the lot for drop off. Please be sure to keep a safe speed while entering and moving around the facility's parking lots to ensure the safety of athletes and parents entering and exiting class.

Smoke Free Zone: Bristol FCGymnastics is a Smoke Free Zone. Smoking on the premises is prohibited.

Release of Liability: FCG and Bristol Boys and Girls Club waive the responsibility of any physical damage to persons or items while the facility is being used.

Contact: Fcgymnastics@bbgc.org for any questions regarding classes or policies.

I allow myself or my child to participate and/or train at Bristol FCGymnastics, 390 West Street in Bristol, CT 06010. I release Bristol FCGymnastics of any liability to lost or damaged items, as well as any injury that may occur within the site and gymnasium during this time.

Participant Name: _____ Phone Number: _____

Parent/Guardian Name _____ Signature _____

Please check the box that applies to your athlete:

___ Private Lesson or Cheer/Rental Team Name: _____

___ Birthday Party

___ Recreational Classes/ Competitive Team