

Assumption of Risk

In consideration of Chalk It Up Gymnastics allowing my child to participate and train in gymnastics and/or trampoline & tumbling, which activity I hereby acknowledge involves greater than normal risk of injury, I agree as my child's parent/guardian to assume all risks, costs, or losses sustained by me, my child, or my child's family as well as the heirs, executors, administrators, legal representatives, assignees, and successors in interest there of in connection with his/her participation in gymnastics and/or trampoline & tumbling classes, programs, camps, lessons or meets. I give permission to Chalk It Up and/or appropriate medical staff or facility to make what emergency measures (first aid, disaster, evacuation, etc.) as judged necessary for the care and protection of my child while under the supervision of Chalk It Up. In case of medical emergency, I understand that my child will be transported to an appropriate medical facility by a local emergency unit for treatment if the local emergency resources (police, rescue squad, etc.) deems it necessary. I understand that my child will be transported at my expense. It is understood that in some medical situations, the staff will need to contact the local emergency resource before informing me, my child's physician and/or any other adult acting on my behalf. Because of the dangers of the sport, I understand the importance of following the coaches' instructions regarding techniques, training, and other rules and agree to obey such instructions. **WARNING! CATASTROPHIC INJURY, PARALYSIS, OR EVEN DEATH CAN RESULT FROM THE IMPROPER CONDUCT OF GYMNASTICS AND/OR TRAMPOLINE & TUMBLING ACTIVITIES.**

Release of Liability

Further, I for myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest hereby release and agree to defend, indemnify, and hold harmless Chalk It Up employees, and volunteers (collectively "Releasees") from any claims, losses, or expenses incurred by or on behalf of me, my child, or my child's family as well as the heirs, executors, administrators, legal representatives, assignees, and successors in interest thereof **INCLUDING CLAIMS ARISING FROM THE RELEASEES OWN NEGLIGENCE.**

Payment Policies

We require a \$45 student registration per year of classes. This fee is charged to your account yearly. ALL registrations and class fees are non-refundable. Your child will be enrolled in the class until you **REQUEST REMOVAL**. If you wish to be un-enrolled in a class please place your request with the office before the first of the following month, as you will be charged per month until you request removal. You will have the option to keep a credit card or bank account on file for quicker payments. Your card will only be charged if you select the e-payment option. Monthly payments are due by the 10th of each month or a \$10 fee will be charged to your account. Declined Credit cards will be charged a \$30 fee.

Photography/Video Permission

I authorize Chalk It Up to photograph and video record my child while enrolled at Chalk It Up and to use those photographs and/or videos in print and/or on company website and social

media including for advertising and marketing purposes. I understand that I will not be reimbursed for the usage of photos and/or videos.

Concussion/Cardiac information

Ohio law (ORC 3707.511) requires a youth sports organization to provide a concussion and cardiac information sheet to the parent or guardian of an individual who wishes to practice for or compete in an athletic activity organized by that organization I have read and reviewed this information sheet. I understand I can print this for my own reference or request a copy from the gym office.

CONCUSSION FACT SHEET FOR PARENTS WHAT IS A CONCUSSION? A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away. **WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?** If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion: **SYMPTOMS REPORTED BY ATHLETE:** • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not "feeling right" or is "feeling down" **SIGNS OBSERVED BY PARENTS/GUARDIANS:** • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes [INSERT YOUR LOGO]

DANGER SIGNS Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has: • One pupil (the black part in the middle of the eye) larger than the other • Drowsiness or cannot be awakened • A headache that gets worse and does not go away • Weakness, numbness, or decreased coordination • Repeated vomiting or nausea • Slurred speech • Convulsions or seizures • Difficulty recognizing people or places • Increasing confusion, restlessness, or agitation • Unusual behavior • Loss of consciousness (even a brief loss of consciousness should be taken seriously) **WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?** 1. **SEEK MEDICAL ATTENTION RIGHT AWAY** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports. 2. **KEEP YOUR CHILD OUT OF PLAY.** Concussions take time to heal. Don't let your child return to play the day of the injury and until a healthcare professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime. 3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach. **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION**

OR OTHER SERIOUS BRAIN INJURY? • Ensure that they follow their coach's rules for safety and the rules of the sport. • Encourage them to practice good sportsmanship at all times. • Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained. • Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture. • However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION? Children and teens who return to school after a concussion may need to: • Take rest breaks as needed • Spend fewer hours at school • Be given more time to take tests or complete assignments • Receive help with schoolwork • Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually. JOIN THE CONVERSATION www.facebook.com/CDCHeadsUp TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian Department of Health Department of Education • Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately. • "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization. • Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes: 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading 3) All practices, interschool practices and scrimmages • Any of these things may cause SCA: 1) Structural heart disease. This may or may not be present from birth 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat 3) Situational causes. These may be people with completely normal hearts who are either hit in the chest or develop a heart infection • Warning signs in your family that you or your youth athlete may be at high risk of SCA: o A blood relative who suddenly and unexpectedly dies before age 50 o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart • Warning signs of SCA. If any of these things happen with exercise, see your health care professional: • Chest pain/discomfort • Unexplained fainting/near fainting or dizziness • Unexplained tiredness, shortness of breath or difficulty breathing • Unusually fast or racing heart beats • The youth athlete who faints or passes out before, during, or after an athletic activity MUST be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing. • If the youth athlete's

biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing. • Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

• Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician. • Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife.

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

the facility cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the Chalk It Up could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending Chalk It Up and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at chalk It Up may result from the actions, omissions, or negligence of myself and others, including, but not limited to, employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with mychild(ren)'s attendance at, or participation in chalk it up programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless Chalk It Up, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Chalk It Up, its employees, agents, and representatives, whether a COVID-19 infection occurs before, after or during participation.

I have read and agree to all of the above

Parent/Guardian signature
