

CONSENT FORM FOR HAWAIIAN ISLAND TWISTERS (HITS) updated 11.1.21

Doing my part to keep our HITS athletes safe.

In an effort to enhance the safety for our athletes, coaches, and families, we have implemented increased sanitation procedures. Your participation and cooperation of these new procedures is crucial.

I understand and agree that:

- Due to the limited space and social distancing regulations, no spectator seating will be available.
- I will bring my athlete on time and pick my athlete up on time.
- I will have my athlete exit swiftly after class and will not show up early. Athletes, siblings, and families are not to congregate or loiter in the common area before, during, or after practices.
- Athletes will only be allowed to enter the gym if in class.
- Cubbies will no longer be used. My athlete(s) should bring a bag to store footwear, clothing, and water. They will handle their own bag and take them to each rotation, keeping them 6 feet apart from others.
- I will follow HITS entering/exiting procedures
- My athlete is required to wear a mask at all times. Exception only for athletes 2 years old and under.
- I will allow my athlete to have their temperature checked prior to entering the gym. Any athlete that has a temperature of 100.0 F or greater or has any other signs/symptoms of COVID-19 will not be allowed to enter.
- I agree to keep my gymnast home if he/she or anyone in my family is coughing, has a temperature of 100.0 F or over or is experiencing any other COVID-19 symptoms.
- No food will be allowed in the gym. Only water bottles with water are allowed.
- All athletes are required to bring their own water bottles.
- My gymnast must use hand sanitizer upon entering, after every rotation, and upon exiting the gym.
- I will support the social distancing standard of 6' while at the gym and in the common areas.
- I have discussed with my child social distancing guidelines (keeping hands to themselves, no spitting, no high-fives, hand shakes, or hugs).
- I will refrain from gathering in groups while in the common area and entryways.
- I will not allow any of my children to loiter or "hang out" in the common area before, during, or after class.

- My gymnast will use the toilet and wash their hands thoroughly before leaving home to avoid the need to use the gym bathroom.
- My athlete will arrive dressed in the appropriate attire (including hair being tied up) ready for practice.
- There will be no community chalk bowls.
 - If your athlete needs chalk, they will have to bring their own. Chalk is available for purchase at the front office.
- These procedures will change and evolve over time. I will follow any new standards recommended by the state and federal agencies and implemented by HITS.

I, _____, parent/guardian of _____ hereby on this date of ____/____/2021 am choosing to continue my training at Hawaiian Island Twisters. I hereby enter into this waiver for myself, my heirs, executors, assigns, and personal representatives. I do so knowingly and voluntarily. I hereby waive any and all rights, claims, or causes of action arising from any contraction or infection of the COVID-19 virus as a result of my continued training at HITS along with its Board of Directors, staff, members, agents, and representatives. I understand there are risks and I assume all known dangers and risks associated with my continued training at HITS.

Printed: Athlete's Name(s)

Print: Parent/Guardian's Name

Signature: Parent/Guardian