



Brampton Acro Ropers Jump Rope RECREATIONAL PROGRAM

Jump for fun & fitness with the Acro Ropers!

Program

BAR's recreational program is a non-competitive, recreational skipping program for children aged 6 to 13 years of age. The program is taught by one of our celebrated coaches, as well as parent volunteers. In a fun, non-competitive class, kids are given the opportunity to learn some skipping "skills" with single ropes as well as learning to skip double dutch.

The Program runs for 8 weeks and includes 1 hour of jump rope instruction per week as well as a skipping rope and a t-shirt for each participant. Classes are run Friday evenings from 6:30 to 7:30 pm.

The goal of the recreational program is to provide a fun and relaxed, yet safe and healthy, non-competitive and recreational environment for all.

What your child will get:

- coaching from one of our experienced coaches, with competitive skippers & parent volunteers
- a training rope
- a rec program t-shirt
- a recreational membership in the Ontario Rope Skipping Organization (ORSO)
- a recreational membership in the Canadian Rope Skipping Federation (CRSF)

Where: St. Edmund Campion Secondary School. 275 Brisdale Dr, Brampton (near Chinguacousy and Sandalwood)

When: See BAR website (www.bramptonacroropers.com)

Cost: \$85.00 per child (ages 6 - 13)
For returning REC participants that do not require a T-Shirt or rope, the cost is \$ 75.00

Registration Date:

Please register on the 1st day of the REC program at St. Edmund Campion Secondary School at 6:30pm.

How to register:

1. Review & complete the attached 6 forms
 1. registration form
 2. medical information form
 3. waiver form & release
 4. publicity waiver form & release
 5. code & conduct for recreational skippers agreement
 6. code & conduct for parents & guardians agreement
2. Write a cheque payable out to the BRAMPTON ACRO ROPERS for the full amount
3. Bring completed forms (6) and cheque to the registration night

Registrations will be accepted on a first-come first served basis (all requirements must be met for registration to be accepted)

Registration Form (1)

Participant's Information

Participant's Name		Age	
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Payment & refunds

- The registration fees for the sessions are \$85.00 per participant (\$ 75 without rope and T-shirt)
- Payment and completed registration documents must be received at the first class
- There will be a \$25.00 charge for an NSF cheque
- An NSF cheque will result in forfeit of the participant's place in the session.
- A \$50.00 administration fee applies to ALL refunds
- Fees will be refunded according to the following schedule
 - \$30.00 up to 2 completed classes
 - No refund after 2 completed classes
 - All refund requests MUST BE MADE IN WRITING to the instructor

Required Equipment

- ALL members are required to wear to practices clothing for safe participation - including athletic shoes, sport clothing that provides support and allows freedom of movement and will not pose a safety problem for the participants or others. Bare feet or socks only are not allowed. Hair must be tied up neatly, and no jewelry shall be worn.
- ALL members should bring their own water bottles to practices and competitions.

Dated this _____ day of _____, 20__

Signature of participant: _____

I am the parent/legal guardian of the above and agree to all terms and agreements stated herein.

Signature of Parent/Guardian: _____

Medical Information & Contact Form (2)

Participant's Information					
Participant's Name				Date of Birth	
Address				Age	
City & Province				Postal Code	
Phone Number				Health Card #	
Contact's Information					
Parent/Guardian (1)			Parent/Guardian (2)		
Email Address			Email Address		
Home Phone #			Home Phone #		
Work Phone #			Work Phone #		
Cell Phone #			Cell Phone #		
Alternate Contact Name			Alternate Contact Phone:		
Medical History Information					
Allergies	yes / no	Migraines	yes / no	High Blood Pressure	yes / no
Asthma	yes / no	Heart Trouble	yes / no	Recurring sore throat	yes / no
Puffer	yes / no	Epilepsy	yes / no	Pre-existing injury being treated	yes / no
Convulsions	yes / no	Fainting Spells	yes / no	Medical Conditions under treatment	yes / no
Diabetes	yes / no	EpiPen	yes / no	Contact lenses	yes / no
Medication currently being taken					
Daily Medical Information Schedule					
If you answered Yes for any of the questions above, or have other medical conditions please provide details below					

I hereby grant permission to licensed hospitals and/or health care staff members to administer immediate medical treatment as deemed necessary to me/my child should I/she/he be injured during a Brampton Acro Roper event at which I/she/he is participating. Further, I understand that I am responsible for payment of expenses incurred relating to my own/my daughter/son's medical treatment.

Parent/Guardian Signature: _____ Date: _____

Participant Signature: _____ Date: _____

Waiver Form & Release (3)

I do hereby acknowledge that I intend to participate in recreational skipping program offered by Brampton Acro Ropers, from here on known as BAR. I also acknowledge that I will be doing so of my own free will.

I, as parent/guardian of the above, acknowledge my child's desire to participate in the recreational skipping program hosted by BAR. We understand that participation in athletic endeavours entails the risk of injury to the participants. We accept this risk regardless of the nature of the injury and/or the athletic endeavour in which they will participate. We acknowledge that the term "athletic endeavour" as used herein includes any skipping and skipping performance activity, choreography, jumps, and gymnastic activities of any kind.

We also waive and absolve BAR, the coaches, advisors, sponsors, parent volunteers, or other volunteers, the staff and/or volunteers of any of the venues in which we practice or perform, or any one or more of them or their executors, administrators, heirs, next of kin, successors or assigns, of and from any and all liability and responsibility for injuries, sickness, accidents, and/or natural occurrences during participation by myself/my child in this open house.

We understand that each participant is responsible for his or her own personal health, medical, dental, chiropractic, and accident insurance coverage. We, intending to be legally bound, do hereby, my heirs, executor, and administration, waive, release, and forever discharge any and all rights and claims for damage which I may have or may hereafter accrue to me/my child against BAR, the coaches, advisors, sponsors, parent volunteers, or other volunteers, the staff and/or volunteers of any of the venues in which we practice or perform, for any damages which may be sustained or suffered by me/my child in connection with my association with or participation in any skipping related activity of the BAR recreational skipping program.

Dated this _____ day of _____, 20__

Name of participant: _____ Signature: _____

Parent/Legal Guardian: _____ Signature: _____

Publicity Waiver & Release (4)

I, _____, will be participating as a member of BAR. I agree to allow any photos, videos, and/or audio recordings taken of me/my child at any skipping event to be used exclusively by BAR for promotional purposes. These mediums may include our website at www.bramptonacroropers.com, as well as newspaper articles and press releases.

Dated this _____ day of _____, 20__

Signature of participant: _____

I am the parent/legal guardian of the above and agree to all terms and agreements stated herein.

Signature of Parent/Guardian: _____

Code of conduct for recreational athletes' agreement (5)

Attendance

1. Attendance will be taken at every session/practice.
2. No refunds of any kind will be given for missed sessions/practices.

Code of conduct - recreational athletes

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and the core principles of commitment, trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "seven pillars of character."

As an athlete, I will:

- Respect my fellow athletes, my coaches, the program organizers,
- Do my best to be a TEAM player,
- Remember that my goal is to improve my skills, and always try to do my best,
- Acknowledge all good performances of my fellow athletes,
- Participate because I want to, not just because my parents want me to,
- Control my temper - fighting and mouthing off spoil the program for everyone,
- Remember that coaches and program organizers are there to help me. I will accept their decisions and show them respect,
- Never ridicule or yell at another athlete for making a mistake.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by a coach, club manager or member of the Board of Directors,
- Written warning from a coach, club manager or member of the Board of Directors,
- Temporary suspension with written documentation of incident kept on file, or
- Loss of membership in the club.

Signature of Athlete: _____ Date: _____

Signature of Parent: _____ Date: _____

Code of conduct for parents of recreational athletes (6)

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and the core principles of commitment, trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "seven pillars of character."

As a parent, I will:

- Remember that my child skips for their enjoyment, not mine,
- Encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence,
- Teach my child to always "try". Some skills are difficult and require lots of practice before they can be mastered. Making the effort is as important as executing the skill, so that my child will never feel defeated if they cannot learn a skill quickly,
- Make my child feel like a winner every time by offering praise for trying hard,
- Never ridicule or yell at my child, or another child, for making a mistake,
- Remember that children learn best by example. I will applaud good performances by both my child and other participants,
- Never force my child to participate in sports,
- Never question the coach's or organizer's judgment or honesty in public - I will take concerns to the proper officials, respect and show appreciation for the volunteer coaches and other team leaders, who give their time and energy to provide sport activities that help my child grow and develop,
- I will not complain to the coaches about anything in public. I will bring my concerns to the program coordinator, and if need be, the program coordinator will speak with the coach or arrange a meeting with the coach, the program coordinator and myself,
- I will ensure that my athlete attends the program in proper gym clothes and shoes,
- I acknowledge that it is my responsibility as a parent to bring a water bottle for my child to each practice,
- I acknowledge that only one parent should be in attendance at each practice (except for special "show" dates). During special "show" dates it is my responsibility to control the movement and behavior of siblings and other guests.

Signature of Parent: _____ Date: _____