

Hello parents. Thank you for your interest in the Redmond Grappling Academy (RGA). Our goal is to give your child(ren) a positive outlet through the art of No-Gi Jiu-Jitsu. Before we begin, I need to go over a few rules and policies of the gym.

Rules

Cheering: As a parent, I understand the desire to want to cheer your child on. In competition, this is perfectly fine to do. However, during class instruction, I ask that parents refrain from doing so. This can be distracting to other students and discouraging to some.

Sick Children: Please do not bring your child to class if they are sick. Please understand that I run this business myself, and I cannot afford to be sick. Also, it is not fair to other students and their families. If your child is showing signs of sickness, I will have to ask them to sit out.

Stay on Site: Parents must stay on site, or very close, to ensure rapid response to any urgent need. Jiu-Jitsu is a safe sport for children to participate in, but accidents do occur. We will work with responsible parents and their children, however, we are not a daycare provider.

Water Bottles: Please ensure your child brings a water bottle to class. There is a sink faucet in the bathroom available for refills. As the business grows and requires additional space, I will be adding additional features, such as a drinking fountain, etc.

Workout Attire: Please arrive dressed and ready to practice. The gym has one bathroom and no changing room. If you are unable to be ready before you show up, it is ok to change in the bathroom. Please understand that if multiple students choose to do this, it will make some students late to class. Once I have larger accommodations, my plan is to add a changing room. Please have your child dressed in athletic shorts (no pockets or zippers), and an athletic fitting t-shirt. A pair of Jiu-Jitsu shorts and rash guard is best, but not required.

First Aid Kit: There will be always a basic first aid kit on site. The first aid kit will be resupplied as needed at no extra cost. This kit will have the supplies necessary to treat all minor scrapes, cuts, and nose bleeds.

Skin Conditions and Infections: If a child has a breakout of ringworm, staph infection, impetigo, and/or any other skin condition, please do not allow them to participate in class. If a child has a skin condition that is not contagious (i.e. psoriasis, eczema), please let me know during sign-ups while filling out the forms. If I am unaware of these non-contagious conditions, I will assume they may be contagious, and I will ask your child to sit out.

Safety Policies

Behavior:

1. If a child is being overly aggressive, and/or being negligent, they will be warned once before being asked to sit out for the rest of the class. They can still observe the class if they are not being disruptive.
2. If a child is purposefully trying to hurt other students, there will be no warnings. This child will sit out for the remainder of the class. If this behavior is displayed continuously, I will be forced to cancel the child's membership. Please understand that I am responsible for the safety of all the children that attend class. I will always do my best to develop positive skills in all the children that attend RGA.
3. **Emotional/ Bad Day:** All children have good days and bad days just like us adults. Unfortunately, many children have not yet developed the skill to deal with these emotions appropriately. If a child is emotional and crying and not engaging, multiple attempts will be made to encourage your child to participate appropriately. If we are unsuccessful and several attempts have been made, I will ask your child to sit out until they are ready to rejoin the class. Please understand that I expect this to happen from time to time. This world can be difficult to navigate. I will do what I can to encourage your child.

Emergency:

1. **Unconscious/ Unresponsive or Not Breathing:** If there is ever a time a child becomes unconscious or unresponsive, I will call 9-1-1 immediately. If a parent is not present at the time of the event, they will be notified after emergency services (9-1-1) have been notified. If a child is not breathing for any reason, emergency services (9-1-1) will be notified immediately. The child will be given CPR until emergency services arrive or until the child begins to breath on their own again. **Note:** at this point in time, my CPR certification has expired. I have held a CPR certification multiple times throughout my life. I am planning to get recertified as soon as possible.
2. **Suspected Broken Bones or Fractures:** If a child is displaying signs of a broken bone or a fracture, the parent will be notified immediately if they are not on site. It will be at the parent’s discretion whether they want emergency services (9-1-1) called. If a parent is off site and I am unable to contact them via emergency contact phone number, I will be forced to call emergency services (9-1-1) after two attempts have been made.
3. **Medical Conditions and Medications:** If a child has a medical condition that requires life saving medications (insulin injections, EpiPen, or any other life saving medications), a parent must always remain on site with the appropriate medication readily available. I am not trained or certified to administer medications of any kind. Please inform me of all medical conditions your child has while filling out the sign-up form.

X

Member's Full Legal Name

X

Member's Legal Signature & Date

X

Legal Guardian's Full Legal Name

X

Legal Guardian's Signature & Date

X

Member/Guardian Initials