

The Gymnastics Association of Hong Kong, China

Children and Youth Courses

Artistic Gymnastics

REVISED

Level: L4 or above (Female) Course: 8 lessons Deadline for Application: 4 Mar 2015

Course Code	Date	Time	Age	Fee (Course Fee & Insurance)	
				Member	Non-member
AGS258-1415(A)	2015 Mar 21, 28 Apr 25 May 2, 9, 16, 23, 30 (Every Sat)	10:00am – 12:00nn	5-11 years old	\$1,190	\$1,270
AGS258-1415(B)	*no classes on Apr 4, 11, 18	12:00nn – 2:00pm	12-16 years old		

*****If finally the no. of applicants is less than 10, we may consider to group the class into one and time will be changed to 11:00am – 1:00pm. Applicants will be individually noticed via email.**

Venue: Shun Lee Tsuen Sports Centre (Shun Lee Tsuen Road, Kwun Tong)

How to Access: Bus – 23, 26, 26M, 27, 29M, 42, 95

Mini-bus – 47, 48, 54, 54M, 60



Gymnastics Course – Application Form

Office Only: ver.11/2008

Cheque No.: _____

Receipt No.: R _____

Course Code :

First Choice: _____ Fee: _____

Second Choice: _____ Fee: _____

Membership ID _____
No.: _____

Applied for membership
<Please fill in membership application form
with a separate cheque of HK\$70>

Non-member

Course code of last course (if any) : _____

Name : (Chi) _____ (Eng) _____

Gender : M/F Age : _____ DOB : _____ YYYY MM DD

Tel : (Day) _____ (Mobile) _____

Fax : _____ Email : _____

Address : _____

Declaration

(The parents / guardians of participants aged below 18 must sign this form)

I certify that I am entering this competition at my risk and responsibility. I agreed to abide by the regulations, policies and anti-doping policy of The Gymnastics Association of Hong Kong, China. I for myself, my executors and administrators, do hereby waive and release, any and all rights, claims and causes of action I have or may have against The Gymnastics Association of Hong Kong, China and all sponsors, promoters, supporters and all other contributors from any and all liability arising from illness, injury death, loss and economic consequences I may suffer as a result of my entry in this event from any cause whatsoever, including negligence. I certify that I am physically fit and sufficiently trained to compete for the completion of this event. I grant permission and assign all rights, title and interest to the organizer to utilize my appearance, name voice biodata and likeness in connection with the race in any and all media throughout the world in perpetually and agree to waive any rights of inspection or approval associated.

I have read and understood the declaration and Physical Activity Readiness (Appendix I).

Date: _____

Signature of
Applicant: _____

Name of Guardian /
Parents: _____

Signature of
Guardian / Parents : _____

The Gymnastics Association of Hong Kong, China

Physical Activity Readiness

1. I certify that:
 - My doctor has never said that I have a heart condition and that I should only do physical activity recommended by a doctor.
 - I have never felt pain in my chest when I do physical activity.
 - In the past month, I did not have had chest pain when I was not doing physical activity.
 - I have never lost my balance because of dizziness or I have never lost consciousness.
 - I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
 - My doctor is not currently prescribing drugs (for example, water pills) for my blood pressure or heart condition.
 - I do not know of any other reasons why I should not do physical activity.
2. It is suggested that you should determine your basic fitness so that you can have the best planning when doing physical activity. It is also highly recommended that you have your blood pressure evaluated and consult your doctor before you join the event.
3. If you are not feeling well because of a temporary illness such as cold or fever, please join the event after you feel better.
4. If you are or may be pregnant, please talk to your doctor before you join this event.
5. You should start the activity slowly and build up gradually. This is the safest and easiest way to go.
6. If you have the above health changes, tell your doctor or the coach. Ask whether you should continue this event.
7. If you know of any other reasons such as safety, disease, or condition changes that may influence you to join the event, you should notice the GAHK in writing.
8. If necessary, the GAHK has the right to request your medical certificate for reference.
9. If you have any questions of this physical activity readiness, please consult your doctor before you join the event.