

If your child is a returning student, ONLY fill this out if there are changes!

Child's Name _____

Palaestra Special Signature Page

Palaestra for Preschoolers - Crenshaw Athletic Club

1) **Water Activities:** I hereby give do not give my consent for my child to participate in swimming lessons at Crenshaw Athletic Club.

2) **Publication , Video and Internet Consent and Release Agreement:** Students who attend Crenshaw Athletic Club are occasionally asked to be a part of school/club publicity, publications and/or public relations activities. For example, pictures and articles about the school/club activities may appear in the Crenshaw Athletic Club Newsletters or local media. Please indicate and sign below whether or not your child's name, picture, art, written work, voice, verbal statements or portraits (video or still) may be given to the media or to appear in Crenshaw Athletic Club publications, videos or on the school's website.

I grant permission as outlined above I do not grant permission as outlined above.

3) **Immunization Record & Preschool Health Statement:** I certify by signing below that my child's immunization record is current and on file at Crenshaw Athletic Club. I acknowledge that my child has been seen by his/her pediatrician, Dr. _____ at the following address, _____ phone _____ within the past calendar year and is free of any illness or condition that would limit his/her participation in our program.

4) **Sign Out Forms:** I understand that I must sign my child out each day on the sign in/out sheet provided and usually located in the classroom.

5) **Nutritional Policy:** Crenshaw Athletic Club does not provide lunch for students. I understand that as a parent /legal guardian, I am responsible for meeting the daily nutritional needs of my child. I understand that Crenshaw Athletic Club is not responsible for the nutritional value of the meals I send nor is it responsible for meeting my child's daily nutritional requirements.

6) **Operational Policies:** I have received a copy of Crenshaw Athletic Club's Operation Policies. I have read, understand and agree to abide by these policies.

7) **Special Conditions:** List any other special problems that your child may have , such as allergies, existing illness, previous serious illness, injuries during the past 12 months, any medications prescribed for long-term continuous use and any other information that staff should be aware of:

I have read and understand items 1-7 as outlined above.

Signature of Parent _____ Date _____

(Please sign and return)

Child's Name _____

Trampoline Permission: The gymnastic rotations at Crenshaw Athletic Club includes Trampoline for our Preschool and After School Care programs. The Trampolines are situated at ground level with safety mats surrounding all four sides.

The Trampoline guidelines are as follows:

- 1) Safety mats surround each trampoline.
- 2) Only one child is allowed on a trampoline at a time.
- 3) Children always enter and exit the trampoline on the same side.
- 4) Children are instructed and required to jump in the middle of the trampoline. An "X" is placed in the middle as a visual reminder.
- 5) Knee drops are not allowed in order to protect the back.

I GIVE DO NOT GIVE

permission for my child to use the trampolines at Crenshaw Athletic Club.

Discipline and Guidance Policy for Palaestra

- 1) Discipline must be:
 - a) Individualized and consistent for each child.
 - b) Appropriate to the child's level of understanding; and
 - c) Directed toward teaching the child acceptable behavior and self control.
- 2) A caregiver may only use positive methods of discipline and guidance that encourage self-esteem, self-control and self-direction, which include at least the following:
 - a) Using praise and encouragement of good behavior instead of focusing only upon unacceptable behavior;
 - b) Reminding a child of behavior expectations daily by using clear, positive statements;
 - c) Redirecting behavior using positive statements; and
 - d) Using brief supervised separation or time out from the group, when appropriate for the child's age and development, which is limited to no more than one minute per year of the child's age.
- 3) There must be no harsh, cruel or unusual treatment of any child. The following types of discipline and guidance are prohibited:
 - a) Corporal punishment or threats of corporal punishment;
 - b) Punishment associated with food, naps or toilet training;
 - c) Pinching, shaking or biting a child;
 - d) Hitting a child with a hand or instrument;
 - e) Putting anything in or on a child's mouth;
 - f) Humiliating, ridiculing, rejecting or yelling at a child;
 - g) Subjecting a child to harsh, abusive or profane language;
 - h) Placing a child in a locked or dark room, bathroom or closet with the door closed; and
 - i) Requiring a child to remain silent or inactive for inappropriate long periods of time for the child's age.

My signature verifies that I have read this discipline and guidance policy. A copy of this form is available for my asking.

Signature _____ Date _____