



## Instructions and Forms for Competitors

### Medical Form:

- This form is to be completed for all competitors and kept on file at the club.
- The form should be easily accessible for the coaches in the event of an injury during practice/training.
- All coaches should have a copy of the form in their possession during all competitions that their athletes are attending (in the event that an injury occurs when the parent is not present)
  - \* **Please Note:** This form is not required to be submitted to Gymnastics Ontario. In the event that an athlete qualifies to represent Ontario at the Eastern Canadian Championships, Canadian Championships or on a Tour, a package will be distributed that includes a medical form – the medical form in the package must be completed and submitted to Gymnastics Ontario – to be forwarded to the host club/province.

### Competitive Athlete and Coach Participant Waiver/Personal Information/Code of Conduct

- **\*A copy of this completed and signed form is to be submitted to Gymnastics Ontario by the registration deadline of October 15<sup>th</sup>.\***
- This form is to be completed and signed by all competitors and coaches and kept on file at the club.
- A signed copy of the form is to be kept by the competitor or coach (to ensure that they have reference to what they are signing their agreement to).