

# SBRC NINJA STUDIO GUIDELINES

## NINJA STUDIO RULES

- No food, drink, candy, or gum allowed in Ninja Studio.
- Sandals, loose fitting footwear, or outdoor shoes are not permitted on the mats. Non-slip socks are available for purchase at the front desk.
- Limit one participant on any one element at a time. Wait until other participants exit element before starting.
- Intentional falling, using an element for non-intended purpose, or other misbehaviors are not permitted.
- Changing or modifying obstacle elements without staff approval is prohibited. Obstacles will occasionally be changed by BPR staff to provide different layouts and difficulties.
- No climbing on top of ninja obstacle rig. No standing on top of warped wall or cargo net scaler.
- Land on your feet when possible. Minimize injuries and avoid landing on hands/elbows/shoulders.
- Look before you leap. Ensure your landing zone is clear of obstructions or other participants.
- No loose objects allowed while on elements, including phones, cameras, or personal accessories.
- No climbing on top of or above Ninja Rack.
- While stationed in the gym the Warped Wall is not available for non-BPR coordinated programs or drop-in times.

## NINJA STUDIO KEY CHECK OUT RULES

In addition to those listed above, key check out participants must abide by the following.

- Standard Daily Entry Fee or Membership required for entry.
- Participants ages 10-18 must have an up-to-date Customer Account with Boulder Parks and Recreation, including contact information for Parent/Guardian.
- Youth participants ages 9 and under must have a chaperone (age 16+) in Ninja Studio during usage.
- The Ninja Studio is to be utilized solely by the renter and associated parties. All participating parties must check-in at the front desk prior to using the Ninja Studio and verbally agree to guidelines.
- The renter shall not allow unassociated or unapproved parties to use Ninja Studio during rental.
- Upon completion of rental the Ninja Studio door should be closed, locked, and the key should be returned immediately to the front desk.
- Use of the Warped Wall is not included in key check out and is prohibited.

## NINJA STUDIO DROP-IN OPEN GYM RULES

In addition to those listed above, drop-in participants must abide by the following.

- Adult chaperones of youth ages 6-9 must remain in the room.
- All participants must have a waiver signed by a parent or legal guardian prior to participation.
- No more than 10 participants are allowed in the Ninja Studio at a time. If room is at capacity a line may be formed inside the gym along the wall. After completing the course participants should move to end of the line.

**Do you agree to the Ninja Studio Guidelines and Acknowledgement of Risk and Waiver of Liability?**

A verbal agreement of “Yes” must be provided to a designated South Boulder Recreation Center employee prior to using the Ninja Studio

**Please read the following agreement carefully.** They include releases of liability and waiver of legal rights, and deprive you of the ability to sue certain parties. By agreeing verbally, you acknowledge that you have both read and understood all text presented to you as part of the checkout process.

## **ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY**

As a condition of use of any City of Boulder Parks and Recreation facility or participation in any program, sports league, class, recreation or fitness activity, you agree as a participant or parent/ guardian of a participant in the program, to assume all risks and hazards of engaging in or as a spectator at any city activity or facility, including assuming all risks for personal injury, death and property damage.

You further agree to hold harmless the City of Boulder, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur in any way as a result of these activities or facility uses – regardless of cause.

You further certify that you are properly prepared to engage in any activities you have selected and that you have recently consulted a physician to establish that it is safe and appropriate for you to engage in these activities.

Participants (or the parents/guardians of minor children) may also be required to complete a medical health history and/ or sign an additional waiver of liability prior to participation in any programs or classes. Anyone recovering from an injury or illness must first discuss their return to physical activity with their physician and Parks and Recreation instructor prior to enrolling/participating.

You further agree that there is there is risk associated in regard to the COVID-19 pandemic and possible exposure.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder recreation facility or program, I, for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

NOTE: If a facility user or program participant is under 18 years of age, you as a parent or legal guardian, agrees to the same terms, conditions and waiver of liability set forth in this agreement.

**Do you agree to the Ninja Studio Guidelines and Acknowledgement of Risk and Waiver of Liability?**

A verbal agreement of “Yes” must be provided to a designated South Boulder Recreation Center employee prior to using the Ninja Studio