



**IRVINE ROCK COMMUNITY CENTER
MEMBER / GUEST CONTRACT**

Read the content of this packet in its entirety. You must bring in all required paperwork with signatures and initials where needed on initial visit. Be sure to keep a copy for your records. Members will not be allowed to participate without all documentation completed. For a digital copy of these documents, visit www.irvinerock.com/membership

Table of Contents:

FORM	PAGE #	ACTION
IRCC Rules and Regulations	1-4	Member's signature, return
IRCC Participation Agreement	5-6	Member signature, return
Parent Code of Ethics	7-8	Parent's initial, signature, return
Player Code of Conduct	9	Athlete's signature, return
Athletic Club Participation Agreement	10-11	Parent & Player signature, return
Waiver and Release of Liability Form	12	Member signature, return
Minor Model Release & Permission	13	Parent & Player signature, return
2020-2021 IRCC Team Fees	14	1st non-refundable installment of \$xx
Additional Training & Smart Tuition	15	Print, complete, sign, return
Athletic Medical Release Form	16-17	Print, complete, sign, return

Guest / Member's Name: _____

Parent's/Guardian's Name: _____

Underage Member Participation. It is the parent's responsibility to make sure their member child is aware of all Rules and Regulations. Ignorance of these standing rules is not a defense when being cited and/or possibly suspended. These Rules are for the safety of your child and other participants, as well as the facility as a whole.

IRCC Rules and Regulations

A. Purpose

Come to Play, Come to Pray, just Come.

The Irvine Rock Community Center (IRCC) is a Christian-based outreach facility dedicated for active lives. We welcome all to our community from all walks of life and encourage all to know God during their individual spiritual adventures.

Strive with us Stride with us.

We do expect all guests and members on the IRCC premises to strive with us and abide by our Christian values and follow these posted Rules and Regulations^[1]. These disciplinary guidelines are designed to create an environment that is both consistent with our core values while welcoming to our extended community.

Please take some time to familiarize yourself with these IRCC Premises Policies.

B. Applicability

This policy applies to all areas of the IRCC facility as well as to any participant, member or guest on the property of the Irvine Rock Community Center including and not limited to: the facility, parking lot, eating areas or the property as a whole.

Members - At all times IRCC reserves the right to remove any member found violating the Rules and Regulations as set forth in the IRCC Application for Registration and Release of Liability. Further that member may have their IRCC access abilities suspended pending the outcome of a review board.

Guests - At all times IRCC reserves the right to immediately remove any Persons found violating the Rules and Regulations. These Rules can be accessed digitally as well as found posted throughout the facility. It is the guest's responsibility to familiarize themselves with these Rules and Regulations.

C. IRCC Rules and Regulations

The following actions constitute a violation of IRCC Rules and Regulations:

SAFETY / EQUIPMENT / BEHAVIOR / GENERAL

1	Inappropriate use of Equipment	Mishandling sports equipment, damage or defacing of any IRCC property
2	Use of Prohibited Devices / Equip. anywhere on IRCC Property	Prohibited devices include, but are not limited to: skateboards, scooters, razors, drones, motorized vehicles (Not applied to autos in assigned parking areas)
3	Use of Unauthorized Audi Equip.	Using amplified audio equipment, including but not limited to: radio, stereo, digital music player, compressed air horn or megaphone at IRCC
4	Possession of Tobacco (or alternatives) smoking and Vaping Devices	The possession, consumption or sale of any device affiliated with vaping regardless of the content, ie: Tobacco, or other alternatives.
5	Unauthorized Glass and/or Breakable Products	All glass and/or breakable items include but not limited to: bottles, jars, containers, etc...
6	Possession of Alcohol based products	This includes all alcohol products including but not limited to: wine, beer, liquor, etc...
7	Possession of Marijuana	Any product and/or derivative of Marijuana is strictly prohibited on the premises of IRCC
8	Bullying/Harassment	Including but not limited to: pictures, rumors, repeated teasing, profanity, purposeful exclusion or mis-treatment of another person(s) as deemed cruel by IRCC staff.
9	Sexual Harassment	Including but not limited to: appearance references, comments of a sexual nature, inappropriate touching, word usage, or action deemed inappropriate by the IRCC staff.

10	Disrespect	Competition by nature can be contentious, at no time with IRCC tolerate derogatory references either by race, sex, education or other as deemed insulting by IRCC staff
11	Acts of Violence	Fighting either verbally or physically
12	Repeated Misconduct	Incidents will be reported and included in a members file. Repeated misconduct is unacceptable.
13	Failure to Comply with Staff and IRCC Rules	Including but not limited to: IRCC Staff, volunteers, league/academy leaders, posted, etc...

D. IRCC Staff Responsibilities

IRCC are trained to abide to not only the Rules and Regulations, but the spirit of Christ in all incidents. It is not the intent of IRCC to restrict or suspend any member or guest. These Rules and Regulations are to insure a safe and welcoming home to all.

1. Documentation of all incidents and/or violations of Rules and Regulations are to be cited. The violator is to be given a copy of the incident.
2. Notification of any documented incident shall be sent to IRCC management for review. IRCC shall review and respond in a timely manner. Important Note:
Some incidents are of a much more egregious nature and may require immediate action.
3. IRCC Reserves the right to retain copies of all incident reports.

E. Appeals

Members - Will receive a copy of any incident and is afforded three (3) days to appeal the incident. Appeals are to be submitted in writing to the following email xxx@irvinerock.com. Be sure to include your full name, incident number and contact information. IRCC will review and respond within ten (10) days with a response.

Guests - A non-registered guest will be allowed to request a copy of the incident record by emailing xxx@irvinerock.com. Appeals are to be submitted in writing to the following email

xxx@irvinerock.com. Be sure to include your full name, incident number and contact information. IRCC will review and respond within ten (10) days with a response.

Any incident appeal request beyond the three (3) day from the incident will be considered final, recorded and no longer appealable.

F. Authority

The Irvine Rock Community Center reserves the right and authority at all times to manage the property of the IRCC through its staff. Any person(s) allowed on to the premises and use of the property are accepting these Rules and Regulations without protest.

[1] For a list of digitally accessible source for these Rules and Regulations go to www.irvinerock.com/membership

Please sign and return the original to Irvine Rock Community Center, and keep a copy for your records.

Guest / Member's Name (printed): _____

Guest / Member's Signature: _____

Parent/Guardian's Name (printed): _____

Parent/Guardian's Signature: _____

Date: _____

IRCC Participation Agreement

I agree to release & discharge IRCC, on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

1: I acknowledge that participation in recreational activities entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I understand that such risks cannot be eliminated without jeopardizing the essential qualities of the activities. In an effort to minimize those risks, I agree to follow all instructions and wear all the required equipment necessary.

THE RISKS INCLUDE, BUT ARE NOT LIMITED TO:

- (1) Nature of the activity.
- (2) Latent or apparent defects or conditions in equipment supplied by IRCC, or other persons or entity.
- (3) Use of property by myself, others or equipment supplied by IRCC, or other persons or entity.
- (4) Acts of other participants in this activity, employees, or agents of the IRCC.
- (5) My own physical condition, or own acts or omissions.
- (6) The conditions of the facility and surrounding grounds or terrain and accidents connected with their use.
- (7) First aid emergency treatment or other services.

2: I expressly agree and promise to accept and assume all risks existing in such recreational activities. My participation in these activities is purely voluntary and I elect to participate in spite of the risks.

3: I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless IRCC from any and all claims, demands or causes of action which are in any way connected with my participation in these activities, on my use of IRCC's equipment or facilities, including any such claims which allege negligent acts or omissions, except if such claims, demands, or causes of action arise out of gross negligence or willful misconduct of IRCC.

4: I expressly agree that should IRCC or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I shall indemnify and hold them harmless of all such fees and costs.

5: I hereby certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions, which could interfere with my safety in activities, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

6: Further, I hereby give permission that any audio and/or visual images captured of me during regular activities at the recreation center through audio, photo, and/or video means will be used solely for the IRCC's promotional material, multimedia, and publication purposes without further permission and any compensation to me.

By signing this document, I acknowledge that if anyone is hurt, or there is property damage during my participation in a recreation center activity a court of law may find me to have waived my right to maintain a lawsuit against IRCC on the basis of any claim from which I have released them herein.

() I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THE ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD THIS DOCUMENT AND I AGREE TO BE BOUND BY ITS TERMS.

Participant's Signature: _____ **Date:** _____

Print Name: _____

PARENT OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

(Guardians of participants under the age of 18 must complete this section)

In consideration of _____ (print minor's name) ("Minor") being permitted by IRCC to participate in its activities and use its equipment and facilities, I further agree to indemnify and hold IRCC harmless with such use or participation by Minor. By signing this document, I acknowledge that if anyone is hurt, or property is damaged during the Minor's participation in this activity, a court of law may find me to have waived my right to maintain a lawsuit against IRCC, on the basis of any claim from which I have released them herein.

() I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THE ENTIRE PARTICIPANT AGREEMENT, AGREEMENT TO INDEMNIFY, & RISK ACKNOWLEDGEMENT DOCUMENT ON THE FRONT OF THIS SHEET. I HAVE READ AND UNDERSTOOD, AND I AGREE TO BE BOUND BY ITS TERMS.

Signature of Parent or Guardian: _____ **Date:** _____

Print Name: _____

Athlete's

Name: _____

Parent's/Guardian's Name: _____

Parent Code of Ethics

Please know that you (mom and/or dad) play a crucial role in your athlete's club volleyball experience, and its outcome will largely reflect how you, the parent, think, talk and behave throughout the season.

- I understand that my athlete's experience of playing is for his/her growth and betterment.
Parent's initials _____
- I will place the emotional and physical well-being of my athlete ahead of a personal desire to win.
Parent's initials _____
- I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, and officials during practice and competitions. **I will never coach from the sidelines of games, training or practices, nor make negative comments through any platform (including phone, email, text, etc.) about any player, coach or parent.**
Parent's initials _____
- I will encourage my athlete to treat teammates, coaches, opponents, spectators and officials with respect regardless of ability, race, gender, creed or religion.
Parent's initials _____
- I promise to positively affect my athlete's experience by being a respectful fan/supporter and encourage a team mentality during tournaments, practices, transportation and team activities.
Parent's initials _____
- I will support the coaches and staff as they help my athlete develop as a player and as a human being.
Parent's initials _____
- **I will never talk to the coach during or directly after tournaments regarding any athlete's playing time, substitutions or team management.**
Parent's initials _____
- As a parent/guardian, one of my goals is for my athlete to develop into an independent adult who takes responsibility for his/her own development, progress, and contribution to his/her team. Should he/she have any concerns arise during the season, I will:
 - (1) Encourage my athlete to talk with the coach privately and respectfully. If the problem is not resolved, I will

- (2) Encourage my athlete to put his/her thoughts in an email for the coach. If the matter still isn't resolved, I will
- (3) Make an appointment that includes my son/daughter to discuss concerns with the coach, and if necessary, a supervisor of IRCC.

Parent's initials_____

- I _____ will pay travel fees associated with my athlete's team to travel to as many recruiting, showcase or Jr. National Qualifying tournaments as IRCC and my coach feel necessary to promote, showcase and improve my team.

Parent's initials_____

- I understand that **PRACTICE TIME IS EQUAL AND SHARED FOR ALL ATHLETES, BUT TOURNAMENT PLAY TIME IS EARNED AND DETERMINED BY THE COACH.** We understand that tuition is paid for training and does not ensure tournament playtime.

Parent's initials_____

- I am aware that allowing my athlete to lead their sport discussions after practice, tournaments, at the dinner table, etc. is the healthiest path for fostering his/her development and love of the game.

Parent's initials_____

- I am aware that violations of the above rules will lead to expulsion from IRCC with **no refund of tuition.**

Parent's initials_____

Suggestions for Parents:

- Please read **“The Talent Code”, “Leadership and Self Deception”, “The Cheers and the Tears” and “Will You Still Love Me If I Don't Win”** - all great books that help you understand a healthy perspective and outlook for both you and your athlete.

My initials above indicate that I have read, understand and agree to the “Parent Code of Ethics”.

Parent/Guardian Signature(s):_____Date:_____

Player Code of Conduct

- I will be respectful to coaches, teammates, opponents, officials and spectators.
- I will notify my coach when I am unable to attend practice 24 hours in advance of scheduled practice. I will notify my coach ASAP regarding conflicts that prevent my participation in tournaments.
- I understand that speaking negatively about teammates and coaches on any platform (including phone, email, text, etc.) is damaging to my team and will refrain from doing so or listening to teammates speak disparagingly of teammates, coaches and/or others associated with my club. I will encourage my parents to do the same.
- I understand that academics take priority over this sport and will uphold the academic standards set by my parents and or guardians.
- I will always wear my provided practice apparel uniforms and realize that I will only be allowed to participate in IRCC activities when doing so.
- I will abide by TRCC's zero tolerance policy regarding the use of alcohol, smoking and drugs.
- When traveling and staying in hotels or dormitories, I will not allow the opposite gender in my room, and I will abide by all rules set by TRCC staff members and responsible team parent.
- I will not chew gum in the IRCC gym. I will change into gym shoes upon entering the gym. I will pick up any trash I see, leave the gym clean and treat it with respect.
- I will ONLY bring water into the gym and am aware that no other beverages are allowed. I will dispose of my water-bottle in the recycling receptacle.
- I understand and agree to the above rules and guidelines, and I am aware that violations could lead to expulsion from Irvine Rock Community Center.

Athlete's Signature: _____ **Date:** _____

Athletic Club Participation Agreement

We, the parents of _____ have read the code of ethics for both players and parents and agree to abide by the policies and practices of Irvine Rock Community Center. We understand that we are responsible for all fees due for the above player as well as their transportation to and from practices and tournaments. We understand that promotions and demotions from team to team are possible depending upon the development of the individual player and her commitment, attitude, coach-ability, behavior, etc. **IRCC reserves the right to sit, suspend and/or remove a player from their teams** based on parental and/or guardian's negative attitude or behavior.

No money will be refunded to families for the player who is removed from the team due to violations of either the "Player Code of Conduct" or the "Parent Code of Conduct". In these cases (removal from team), IRCC will provide a "Release of Commitment", allowing the player to participate with another team/club. However, the release is based on full payment of tuition and any other monies owed.

Player/families wanting a "Release of Commitment" from IRCC for any reason will be "released" based upon full payment of tuition and any other monies owed.

We are aware that if we renege or de-commit from IRCC after having gone through the commitment day process (turn in contracts, get sized for uniforms, and pay initial deposit), no money will be returned.

We have read the material provided and understand the time commitment required for practice, team functions and competitions.

Understanding the stipulations and having discussed them with our athlete, we agree to and will support his/her participation in IRCC.

We understand that **PRACTICE TIME IS EQUAL AND SHARED FOR ALL ATHLETES, BUT TOURNAMENT PLAY TIME IS EARNED AND DETERMINED BY THE COACH.** We understand that tuition is paid for training and not for tournament playtime. We are mindful of preparation and recovery time from weekend and travel tournaments. Please note that IRCC bases their **practice times and days upon the tournament and travel schedules of IRCC's athletes.**

I am aware of the 2020/2021 IRCC membership/tuition/training fees and agree to pay in full. I am aware this fee includes training, membership fees, uniforms, administrative fees, court and equipment fees, and local tournament fees specified by IRCC. We also know that other monies will be required if/when my son/daughter's team travels to tournaments outside the IRCC jurisdiction. We understand that **our athlete will not be able to compete in tournaments if we are late in our agreed upon payments.** An accounts receivable company handles all billing and collections and will charge late fees if tuition is not paid on time. A \$25 fee will be assessed on all returned checks, and in the event of default, this obligation will be referred to an attorney, and/or a collection agency, and the member agrees to pay over and above their liabilities, reasonable community center/club attorney fees, court costs and the cost of collection. We have reviewed the fee schedule and financially commit to paying our tuition and travel costs on time and in full (A late fee of \$40 will be charged if your payment is not received by the 1st of the month.) As a parent/s and/or guardian of an IRCC athlete, I/we are committed financially, physically and emotionally to IRCC, our athlete's team and its progress.

For use of the facilities provided by IRCC, the member expressly agrees that IRCC shall not be liable for any damages arising from personal injuries sustained by the member or his/her guest(s) in, on or about the premises of any facility IRCC uses, including IRCC's training facility, and further agrees that IRCC shall not be liable for any loss or theft of personal property.

Member warrants, represents and agrees that the member/athlete is in good physical condition and that he/she has no disability, impairment or ailment that prevents him/her from engaging in active or passive exercise that will be detrimental or inimical to his/her health, safety, comfort or physical condition. It is recommended that everyone consult his/her own physician before beginning any exercise program.

The undersigned has read, understood and agrees to abide by and cause family members and guests to abide by the rules and regulations of IRCC as they now exist and as they may be amended or supplemented.

This agreement is not assignable or transferable by the member without the specific agreement and approval of IRCC. that is due to the fact that damages under this agreement are difficult to ascertain, the parties mutually agree that in the event of a default, IRCC is entitled to receive the entire contract with any attachment(s), will be governed by the laws of California, supersedes all prior oral or written representations or communications between the parties, constitutes the entire understanding of the parties regarding the subject matter of this agreement, and may only be modified or amended by a written supplement signed by both parties.

Again, all prior oral or written representations or communications between parties is superseded by this agreement. I have read, acknowledged, and agree to this document.

Please sign and return the original to the IRCC coordinator, and keep a copy for your records.

Parent/Guardian Name(s) (printed): _____

Parent/Guardian Signature(s): _____

Player Name (printed): _____

Player Signature: _____

Date: _____

Athletic Club Waiver and Release of Liability Form

NOTE: This form must be read and signed before the IRCC player listed below is allowed to take part in any training, competition, practice/warm-up sessions, meeting or testing sessions.

I, THE PARTICIPANT, AFFIRM THAT I AM **EIGHTEEN (18) YEARS OF AGE OR OLDER**, HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS. I acknowledge that any sporting event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury or property loss. With a full understanding of the potential risks, **I HEREBY ASSUME THE RISKS OF PARTICIPATING IN OR OFFICIATING A SPORTS EVENT, PRACTICE, CLINIC, PROGRAM, CAMP, OR TOURNAMENT.**

I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns: a) I waive, release and discharge from any and all claims or liabilities for death or personal injury or damages of any kind, except that which is a result of gross negligence and/or wanton misconduct of persons or entities listed below, which arise out of or are related to my participation in, or my traveling to and from the volleyball event, practice, clinic, program, camp or tournament, the following persons or entities: IRCC and its Directors, owners, coaches, sponsors, officers, employees, representatives, affiliates, and agents of any of the above; b) I agree not to sue any of the persons or entities mentioned above for any of the claims or liabilities that have waived, released or discharged herein; c) I indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions.

I agree to allow IRCC to utilize my photograph or any likeness of me created from my participation in IRCC events or programs, without my approval in advance of such use, and without financial or other compensation due to me.

Printed Name	Participant's Signature	Date Signed
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THE PLAYER IS **UNDER THE AGE OF EIGHTEEN (18) YEARS OF AGE**. THE PARENT/GUARDIAN HAS READ AND COMPLETED THE SECTION BELOW. (If the applicant is under 18 years of age, a parent/guardian must execute, in addition to the foregoing Waiver and Release, the following, for and on behalf of the minor.)

The undersigned Parent or Guardian (circle one) of (minor's name) _____ hereby executes the foregoing Waiver and Release for and on behalf of the minor named herein. I hereby bind myself, the minor and all other assigns to the terms of the Waiver and Release. I represent that I have legal capacity and authority to act for and on behalf of the minor named herein, and I agree to indemnify and hold harmless the persons or entities mentioned above for any claims or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the Waiver and Release.

Printed Name	Participant's Signature	Date Signed
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Minor Model Release & Permission

I hereby irrevocably authorize IRCC's legal representatives/photographers/videographers and those acting under IRCC's permission and on photographer's/videographer's authority, to copyright, publish, and use in all forms and media and manners for advertising, trade, promotion, exhibition, or any other lawful purpose whatsoever, any depictions of minor model made by IRCC or their representative, in which the minor may be included in whole or in part, alone or in conjunction with other persons, or composite or distorted in character, or form, or based on or involving any stunt poses, in conjunction with model's won or a fictitious name, or reproductions thereof in color or otherwise, or in derivative works made through any medium, where said depictions may include any or all of still, single, multiple or moving photographic images or pictures, video recordings or audio recordings (collectively hereafter the "Depictions"). I hereby waive any right to inspect or approve the finished product or advertising or other copy that may be used in connection therewith or the use to which they may be applied. Model and parent hereby affirm that all poses, positions and situations enacted in the depictions covered in this release were entered into without force, coercion, or threat whatsoever. I hereby warrant that I am of full age and have every right to contract for the minor in the above regard. I state further that I have read the above authorization, release, and agreement, prior to its execution, and that I am fully familiar with the contents thereof. This release shall be binding upon the minor and me, and our respective heirs, legal representatives, and assigns.

Minor's Name: _____

Father, Mother or Guardian Name (printed): _____

Father, Mother or Guardian

Signature: _____

Date: _____

IRCC may, on occasion, deem it appropriate or necessary to share educational documentaries with our membership on effective and appropriate team behavior, positive attitude and healthy competition.

I hereby allow my athlete to view these films:

Athlete's Name: _____

Father, Mother or Guardian Name (printed): _____

Father, Mother or Guardian

Signature: _____

Date: _____

Replacement Card / Wrist-Band / Access Fee

I _____ (print name) understand that I am solely responsible for the safe-keeping and use of my access card / wrist-band. That this item grants me conditional access for me ONLY. I agree to never use my access card / wrist-band to allow a non-member or unregistered guest access to the IRCC facility grounds. That in doing so I can immediately expect my access to be deactivated and/or suspended pending review. I understand that if I lose my access card / wrist-band privileges, I will be charged a \$25 reactivation fee. If I lose my access card / wrist-band I will be charged \$50 for a replacement.

I ACKNOWLEDGE I AM SOLELY RESPONSIBLE FOR THE CARE AND SAFE-KEEPING OF MY IRCC ACCESS CARD / WRIST-BAND. THAT IF I LOSE IT, THERE IS **A \$50 REPLACEMENT FEE.**

I ACKNOWLEDGE THIS IRCC ACCESS CARD / WRIST-BAND IS ISSUED TO ME AND I AM NEVER TO USE IT FOR SOMEONE ELSE TO GAIN ACCESS REGARDLESS OF WHO THAT SOMEONE IS. AND THAT IN DOING SO I MAY HAVE ACCESS DENIED AND/OR SUSPENDED. AND THAT I WILL BE CHARGED **A \$25 REACTIVATION FEE.**

Participant's Signature: _____ Date: _____

Print Name: _____

PARENT OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

(Guardians of participants under the age of 18 must complete this section)

I, the parent of _____ (print minor's name) understand that they are solely responsible for the safe-keeping and use of their IRCC access card / wrist-band. That this item grants them conditional access for them ONLY. They agree to never use their access card / wrist-band to allow a non-member or unregistered guest access to the IRCC facility grounds. That in doing so they can immediately expect their access to be deactivated and/or suspended pending review. They understand that if they lose their access card / wrist-band privileges, I will be charged a \$25 reactivation fee. Further, if they lose their access card / wrist-band I will be charged \$50 for a replacement.

I ACKNOWLEDGE MY CHILD IS SOLELY RESPONSIBLE FOR THE CARE AND SAFE-KEEPING OF THEIR IRCC ACCESS CARD / WRIST-BAND. THAT IF THEY LOSE IT, THERE IS **A \$50 REPLACEMENT FEE.**

I ACKNOWLEDGE THIS IRCC ACCESS CARD / WRIST-BAND IS ISSUED TO THEM AND THEY ARE NEVER TO USE IT FOR SOMEONE ELSE TO GAIN ACCESS TO IRCC FACILITY GROUNDS REGARDLESS OF WHO THAT SOMEONE IS. AND THAT IN DOING SO THEY MAY HAVE ACCESS DENIED AND/OR SUSPENDED. AND THAT I WILL BE CHARGED **A \$25 REACTIVATION FEE.**

Signature of Parent or Guardian: _____ Date: _____

Print Name: _____

Additional Physical Quickness, Agility, Strength and Jump Training:

All IRCC athletes on 1s and 2s teams are required to participate in additional physical training at least two-days per week. All IRCC athletes (regardless of team level) wanting to participate in this type of training are welcome and encouraged to do so.

IRCC has partnered with various sporting leagues for training to further elevate the strength, agility, and athleticism of our athletes. We are very excited to be working with such a dedicated and results-based organization to help each of you excel and reach your athletic potential.

IRCC has sports training programs for athletes of all ages that will take place right here at Irvine Rock Community Center. We focus on functional training, which means we are using movements and muscles during the workouts that the athletes will use during their play.

We reserve the right to adjust, modify and update the contents of this contract at any time. Any changes will be sent to your email on file. You will have ten (10) days to challenge any changes. Send your challenge to info@irvinerock.com.



Please elaborate on any medical conditions of which we should be aware:

Please list any medications currently being taken:

In the past 24 months, have you been tested, diagnosed and/or treated for a concussion: Yes/No
If yes, provide the date (months and year), who performed the testing/diagnosing/treatment and what was the outcome:

Please list any allergies:

If none, please write None.

Participant Signature: _____ Date: _____
(regardless of age)

Participant, _____, has my permission to participate in training, competition, events, activities and travel. I approve of the leaders who will be in charge of this program. I recognize that the leaders are serving to the best of their ability. I certify that the participant has full medical insurance with the company listed above. I understand and agree that this document will be kept in the possession of authorized adult team personnel and that reasonable care will be used to keep this information confidential. I agree to allow the authorized adult team personnel to release this information in the event of a medical emergency to a third party medical provider. I also certify to the best of my knowledge that the participant named hereon is physically fit to engage in the activities described above.

Parent/Guardian Signature: _____ Date: _____
Relationship to Participant: _____

If, during the course of my daughter's/son's activities, she/he should become ill or sustain an injury, I hereby **authorize** you to obtain emergency medical/dental care. I will assume financial responsibility for the bills incurred through my insurance company.

Signature: _____ Date: _____
Parent/Guardian

Or

I do not authorize emergency medical/dental care for my daughter/son.

Signature: _____ Date: _____
Parent/Guardian