

# DISABLED ATHLETE SPORTS ASSOCIATION

## ADAPTIVE TRAINING POLICIES AND PROCEDURES

### 1. ENROLLMENT

Enrollment is open to individuals ages 5-adult. Athletes with physical, visual and/or hearing disabilities who function at an age appropriate cognitive level are invited to attend.

#### 1.1. 3 Session Trial For Qualification:

1.1.1. We require a 3 session minimum to address any qualification issues that may arise.

1.1.2. After 3 sessions with the athlete, we will evaluate whether or not the athlete will meet requirements for qualification into the fitness program. Your trainer has the right to deny you entrance into the program if they see fit. Qualification is at trainers discretion.

#### 1.2. Training NOT Therapy:

1.2.1. Participants understand that this program is strictly fitness and not therapy.

1.2.2. The trainers in this program are fully certified to train disability from a wellness standpoint, but are not qualified to instruct any sort of Physical Therapy.

### 2. CANCELLATIONS

The Ability Gym has a strict 24/hour Cancellation policy

2.1. In the event in which you cannot attend the session previously scheduled, you must contact your fitness instructor at least 24 hours in advance to cancel the session.

2.2. If you cannot contact your fitness instructor in the time allowed, then you will be charged the full dollar amount of that session. This also applies to any no-call, no-shows during the time of your session.

2.3. If the session is canceled in a timely manner with regards to the 24 hour policy, the participant will not be charged.

2.4. If the participant cancels due to weather concerns, the participant will not be charged.

2.5. If your fitness instructor has to cancel for any reason, including weather concerns, the participant will not be charged.

2.6. If schedule allows, your trainer will try to make-up the late canceled session within the following week. Sometimes our schedules allow us to reschedule, and sometimes we do not have any available spots. Make-up sessions must be made-up by Friday of the following week.

### 3. SAFETY AND HEALTH

DASA will attempt to provide a safe and healthy environment at all times. Your trainer has the right to send the athlete home if he/she decides they are too ill for training.

- 3.1. Pertinent medical information that may affect participant's safety and performance, (ie: seizures, Surgery precautions), must be filled out prior to the first training session and will be available to all trainers.
- 3.2. If the participant has been hospitalized for any reason, the participant must wait at least 24 hours after release before participating at the Ability Gym. Also the participant must submit a clearance note from their doctor.
- 3.3. In the event of a minor injury at the Ability Gym, a DASA staff member will take immediate and appropriate measures including, if needed, application of ice, cleansing and bandaging of open cuts. DASA staff will fill in and submit an Accident Incident report form within 24 hours of the incident.
- 3.4. In the event of a major injury at the Ability Gym, a DASA staff member will notify the participant's guardian immediately and Emergency Medical Services will be contacted.
- 3.5. To help prevent anyone from contracting illness while at training, we ask that you adhere to the following guidelines:
  - 3.5.1. If the athlete has to be pulled out of school, does not attend school or work, or has to leave work for sickness, we ask that you do not come to training on that day.
  - 3.5.2. Keep your athlete at home if:
    - 3.5.2.1. Fever is above 99 degrees - participant must be fever free for 24 hours
    - 3.5.2.2. Respiratory symptoms exist- wheezing, mild congestion, complaint of headaches
    - 3.5.2.3. Pink eye- if eye are red, swollen or have drainage
    - 3.5.2.4. Status post orthopedic or neurologic surgeries or conditions; shunt revision, casting, concussion, etc. - Participant must have a medical release to participate.
    - 3.5.2.5. The participant has any contagious disease/illness.

### 4. PAYMENT

- 4.1. All payments must be made by the 15th of each month.
- 4.2. If we do not receive a payment by this time, a \$25 late fee will be added to your account.
- 4.3. At the participants next scheduled session, if payment has not made, that session will be cancelled as a 'late cancel'.
- 4.4. The athlete will not be able to continue training until the amount is paid in full. This means that the athlete will be taken off the schedule until further notice.

5. FLOOR POLICY:

- 5.1. Children, siblings, and parents of the athletes have to sit in the designated waiting room while the athlete trains. This is strictly for safety and legal reasons.
- 5.2. The trainer is at liberty to ask parents for assistance with transfers if needed.
- 5.3. If necessary, younger children (10 or under) may accompany athlete on floor, but must be seated, cannot touch or play with equipment, and must be with athlete at all times. If this cannot be achieved, the child must not attend the session with the athlete.

6. CELL PHONE POLICY

Trainers use their own personal cell phones to communicate with athletes/athlete's parents.

- 6.1. Our cell phones are always on, but we ask you to be mindful. You may text/call for cancelations or reschedules between the hours of 8:00 am and 6:00 pm Monday-Friday.
- 6.2. If you need to cancel/reschedule outside of these hours, please send us an email! If you have any questions pertaining to your sessions or fitness needs, please send us an email.
- 6.3. Please note, we are working with clients throughout the day and cannot always get back to your questions right away via call or text.