



Gymnasts' Safety Rules

NO...

- Gymnasts on equipment before or after class
- Siblings on equipment at any time
- Food in the Hall
- Mobiles in the gym (PUT IT ON SILENT!)
- Yelling or shouting

Uniform Safety Rules

NO...

- Skirts
- Jewellery
- Jeans
- Buckles/zippers
- Socks

Parents please...

- Gymnasts are to arrive only 5 minutes before class.
- Keep gymnast's siblings with you at all times. They are not allowed on the gym floor at any time. Only gymnasts and coaches are insured against injury.
- Come into the hall to pick up your children at the end of class. This is the safest practice.



Gymnast Code of Conduct

PLEASE...

- Listen carefully to coach at all times
- Treat everyone the way you want to be treated.
- Be a good sport. Show respect to others and acknowledge your class mates performance and effort.
- Cooperate with your coach and class mates.
- Look after our gymnastic equipment
- Ask your coach if you can leave the hall to go to the toilet or to have a drink

WHAT WILL HAPPEN IF YOU BREAK THE RULES?

You will receive a:

- Warning by Coach
- Time Out – Miss a turn
- 2nd Time Out – Miss 2 turns
- 'Yellow Warning Card' and discussion with Parents.