

**GYM RULES**

For the effective and safe running of gym classes, the Gym Rules must be followed at all times. The Gym Rules are listed in the Club Handbook and displayed throughout the gym. Parents should ensure their children understand and will follow the Gym Rules:

- Only Gymnasts and Coaches permitted in the gym (Kindergym parents permitted during class)
- Gymnasts are not to enter the gym until invited by their coach and when the class is dismissed please leave the gym area immediately
- Equipment can only be used during class time under coach supervision
- Disruptive or aggressive behaviour will not be tolerated (eg: Not listening, Fighting, bullying, swearing)
- Treat coaches and fellow gymnasts with respect
- Gymnasts must not leave the gym without permission from their coach
- Treat all equipment with respect
- Appropriate clothing to be worn for your gymnastics class.
- No jewellery to be worn during class (including fit bits)
- Long hair must be tied back
- No shoes and socks to be worn by gymnasts in their class.
- Use Mag (chalk dust) sparingly, don't make a mess
- Only one person at a time on any trampoline unless instructed by a coach
- All gymnasts should be aware of other gymnasts training to avoid injury or collision
- Always follow the white lines when walking around the floor area
- No food or chewing gum allowed in the gym

If inappropriate behaviour does occur in gymnastic classes, the following procedures will be followed:

- Coaches will remind the gymnast of the Gym Rules and may sit them out from the next activity.
- If this behaviour continues, the coach will remove the gymnast from the class for 5 minutes. The gymnast will still be under supervision of coaches or the office staff.
- If the behaviour continues, parents will be notified to collect their child from the gym. The Coaching Manager will arrange a meeting with the gymnast and parent to discuss what action can be taken to solve the problem.