



### **Background**

Being a physical sport, gymnastics has the potential for personal injury. To ensure everyone has a fun and safe time at gymnastics there are some rules everyone are asked to abide by.

### **Dress**

1. Gymnasts to come to training appropriately attired i.e. leotard, shorts, and tights. No jeans.
2. Long hair must be tied back with soft restraints such as ties or scrunchies. Hard restraints such as hair pins and clips must not be used as they present a danger to gymnasts if they fall out.
3. Shoes and/or socks are not to be worn while training.
4. Jewellery must not be worn.

### **Safety**

5. Parents are responsible for the children in their care until roll call. Coaches do not supervise children until the class start time.
6. Gymnasts are not allowed to be on any equipment, including the floor, without a coach being present.
7. Parents are not permitted to be on the floor at any time unless with the direct request from a coach.
8. Look before walking in front of other equipment.
9. Do not run in the gym unless told to do so by a coach.
10. Gymnasts must always stay with their coach and group.
11. Gymnasts must ask permission of the coach to leave the training area
12. Parents of children under the age of 13 years must collect their child from inside the gym. Children are not allowed to leave without their parent.
13. Only gymnasts involved in lessons are permitted in the training area. No other persons shall be in this area at any time.

### **Behaviour**

14. Respect all gymnasts and coaches.
15. Be courteous to others.
16. Bad language will not be tolerated.

### **General**

17. No food is to be consumed on the gymnastic floor or equipment.