

General Gym Rules:

SAFETY FIRST AT GYM

- Think “SAFETY FIRST” in gymnastics
- Coaching supervision is always required in the gym
- Coach’s permission is required to:
 - Enter gym
 - Go on equipment
 - Try new skills
 - Perform aerial inversions or flips
 - Leave the gym
- Understand the risk of the activity
- Be prepared to participate:
 - Be healthy and not tired
 - Wear proper clothing and footwear
 - Have long hair tied back
 - Always warm up
- Stop unsafe and careless acts which could cause injury by:
 - Listening
 - Following instructions
 - Controlling your actions
- Participate cooperatively within the limits set by the coach
- Double check equipment
- Master basic skills before attempting more advanced skills
- Keep your body under control
- Follow equipment and safety procedures
- Be alert and safety conscious
 - Watch where you are going
 - Walk don’t run
 - Watch for obstacles or uneven surfaces
- Respect others’ performances - no distractions
- Parents and spectators must stay in their designated area