



# **SAFETY RULES FOR GYMNASTS**

## **REPORTING FOR AND LEAVING GYMNASTICS SESSIONS**

- Gymnasts may only enter the gymnasium when invited by the coach.
- Gymnasts should report straight to their coach at the start of their training session.
- Gymnasts must not leave the gymnasium or the building without their coach's permission. This includes, taking a drink, using the bathroom facilities, getting equipment or belongings from their bag and talking to parents.
- Parents/Caregivers must collect gymnasts from inside the building. No gymnast will be let out of the building unless accompanied by a care giver.
- Coaches are required to ensure that every gymnast has been collected or are left supervised by another coach prior to their departure.

## **USE OF EQUIPMENT**

- Gymnasts may only use the equipment during their scheduled session under the supervision of a coach.
- Gymnasts must check with their coach before using any equipment and must not attempt any skill that they have not been given the appropriate skill development for.
- Gymnasts are required to move and store away equipment at the request of a coach.

## **GENERAL BEHAVIOUR IN THE GYMNASIUM**

- Gymnasts must warm up and train without interfering with other club members. Such as:
  - × No inconsiderate moving through areas where other gymnasts are training
  - × No moving of mats or equipment without a coach's permission
  - × No excessive noise or rowdiness
  - × Running in the gym is not permitted at any time (unless under the instruction of the coach as part of training)
  - × Care must be taken to avoid collision with any other gymnast or equipment.
- No food is to be consumed in the gymnasium.
- Chewing gum is not permitted in the gymnasium.
- Bathroom visits should be made before commencement of the class and during an allocated break. Should a gymnast require the bathroom during a session, they must ask permission of their coach.

**Any gymnast identified breaking these rules may be asked to sit out their training session by their coach.**