

Gymnastics Rules:

- The door to the gymnastics must **remain locked** and no parents/guardians or siblings are to sit inside the gymnastics area.
- Gymnasts to be dropped off and collected from the door of gymnastics and NOT the carpark
- Avoid clothes with Buckles and laces as they can get caught in equipment and cause the child to slip or fall.
- Clothing that is too loose can also get caught on equipment so avoid flowing shirts, skirts and dresses.
- All jewellery needs to be removed including watches as these may get caught on equipment and cause injury to the gymnast.
- Food is not permitted on the gym floor, Water bottles must be left either in the lockers or behind the gate as the water and condensation from the bottles can damage the gymnastics floor.
- All long hair regardless of the child's gender must be tied back for their own safety.
- Please ensure that if your child has pockets there are no hidden surprises in them as sometimes these items can fall out and become a hazard on the gymnastics floor.
- Photography during the class is strictly prohibited due to child safety and protection policies.

Kindergym Specific Rules

- Shoes and socks must be removed, so the child can grip and feel the different textures and surfaces without slipping on equipment. Parents/Carers are also required to remove shoes however they are able to leave their socks on.
- Parents/Carers are also asked to leave their mobile phones in their bags to ensure complete focus and assistance for the child in the class.
- If there are siblings that are attending with the gymnast we require them to either be in pouch attached to the Parent/Carer ensuring that the Parent/Carer is able to assist with the gymnast in the class or that they **must** be booked into our kids club, they cannot be left unattended anywhere in the centre.
- One guardian per child, the guardian must be able to assist throughout the duration of the class.

