



Maple Gymnastics and Trampoline Club

PARTICIPANTS DISCIPLINE and SAFETY POLICY

- Participants should be suitably dressed. Girls should wear the club leotard (not compulsory) or shorts and t-shirt. Boys should wear shorts and t-shirt.
- Belts, buckles and zips on attire are prohibited.
- Baggy and loose fitting clothes are prohibited.
- No jewellery – small stud ear-rings may be worn if covered by tape.
- Long hair should be tied back to avoid visual obstruction and entanglement with apparatus.
- All participants should understand and respond to the "**STOP**" instruction quickly and quietly.
- The **NO RUNNING** rule should be adhered to at all times to help maintain a safe working environment.
- ALL the gymnastics mats are positioned for participants safety and should not be stepped on or lay on unless being used for a specific activity / gymnastics skill.
- Be aware of other people in your group and class and do not hinder their activity or endanger their safety by misbehaving.
- **Look and listen** at all times to ensure full understanding of the instructions and learning of the skills.
- Be prepared to ask questions if the instructions are not clear and understood as not understanding may compromise yours and others safety.
- **NEVER leave the gym** without asking permission or informing a coach.
- At the end of the gymnastics lesson, ensure the person who is collecting has come into the building, DO NOT go outside to the car park without a responsible adult. Inform the coaches if your "lift" is late and wait inside the hall.
- **Have fun and smile!**

