

Assumption of Risk

Gymnastic Rules

1. **Caution:** Any activity involving motion, rotation, or height may cause serious accidental injury.
 2. Do not use apparatus without qualified supervision.
 3. Wear proper attire and use chalk when necessary to prevent slipping.
 4. Before mounting apparatus, make sure it is properly adjusted and secured, and that sufficient mats, appropriate to the exercise, are in position. Consult your instructor.
 5. Use proper conditioning and warm-up exercises before attempting new and/or vigorous moves.
 6. Attempt new skills in proper progression. Consult your instructor.
 7. When attempting a new or difficult skill, a qualified spotter should be used. When in doubt, always use a spotter and check with your instructor first.
 8. Dismounts from apparatus require proper landing techniques. Do not land on head back as serious injury may result. Consult your instructor.
 9. Any skill involving the inversion of the body could be dangerous and cause serious neck or head injury.
 10. NO HORSE PLAY at any time while on or around gymnastics equipment.
-

All students and parents must respect the coaches.

All students and parents must respect other members.

The night prior to a competition all athletes need to go to bed by 10:00.

No cursing allowed in gym.

No alcohol or drugs, food or drink allowed in gym. No smoking in the building.

All students must have a sign Heath Form & paid AAU fees prior to participation.

No valuables should be brought to the gym.

All hair should be tied back away from the face and nails should be trimmed. No jewelry.

All students must remain inside the building until parents arrive. Parents need to come inside to pick up their children. Drivers need to be cautious on the parking lot for children.

Students should not come to class if they are sick or have lice.

Report all injuries to Miss Jeri.

Spotting is done by coaches ONLY. No parent coaching from the sidelines.

Shoes and coats are to be put in coat room ONLY.

No destruction or vandalism of equipment or property will be tolerated. Gymnast and parents are liable for any damage caused.

All trash goes immediately into trash cans.

All medications and allergies must be on the Heath Form.

Only registered students allowed in gym – all others should watch from the viewing room.

Students not in class need to be supervised by an adult.

Students may not leave class without permission from the instructor. This includes trips to the bathroom, water fountain or locker room.

Students should be picked up promptly after class.