



Rules of the Gym

Discipline in the gym is vital to every athlete's success and safety. These are the general rules for every athlete to follow in order to provide the best and safest environment for training. If there are infractions of the basic rules then disciplinary action will be taken.

- ❖ Athletes are not allowed in the gym or on the equipment unless directed and supervised by a coach.
- ❖ Equipment and the facility must always be respected and used in a safe manner.
- ❖ Athletes are expected to attend every class, please call the gym if an athlete will not be attending. Missed classes cannot be made up or refunds given. (Except with a medical certificate)
- ❖ For the safety of all athletes let the coach know if someone other than a parent or guardian is picking up your child. Please come into the centre to pick up your child, as children are encouraged to remain inside until picked up.
- ❖ All injuries must be reported to a coach immediately no matter how minor.
- ❖ All athletes are expected to behave in an appropriate manner at all times in the gym. No physical contact! (pushing, hitting, shoving, etc).
- ❖ Competitive athletes must wear a training leotard during training (not the competition one). Certain approved shorts are allowed, No T-shirts
- ❖ Hair that falls into the eyes must be tied back with plain elastics; no bobby pins are permitted for safety reasons.
- ❖ No jewellery. ONLY stud or sleeper earrings are allowed. (Medical bracelets are OK)
- ❖ No talking back to coaches