

SAFETY RULES OF SUMTER COUNTY GYMNASTICS ACADEMY

We at Sumter County Gymnastics Academy are dedicated to providing a safe, healthy, and fun learning environment for development of your child's strength, flexibility, motor skills, confidence, and self esteem within a positive environment. Our goal is to not only develop a child's coordination, balance, strength, and flexibility but also lifetime skills by teaching concepts such as determination, perseverance, cooperation, good sportsmanship, courage, and respect. We believe that lifelong fitness habits are formed when physical effort is rewarded, success is achieved, fear is confronted and overcome, and children are participators instead of observers. Class structure is based on a rotation system, not an obstacle course or playtime. Your child will benefit in this program whether she/he becomes an advanced gymnast or uses the acquired skills in other sports related activities.

GENERAL RULES FOR PARTICIPANTS

1. No one other than currently enrolled gymnasts will be allowed in the gymnastics area or on equipment for any reason.
2. No one is allowed in the gym area without an instructor present. At the start of each class, the coaches will call out their classes to come onto the floor. Until then, students need to stay in the observation area.
3. PLEASE BE ON TIME! The warm-ups are important to your child's safety. Warm-up prior to all strenuous gymnastics participation is required. If your child is late, they will be required to stretch before they join their group on the apparatus.
4. NO RUNNING IN THE GYM UNLESS DIRECTED BY THE INSTRUCTOR!
5. No chewing gum, food, or drink (except for bottled water or sports drink) will be allowed in the gym area. You may consume food or drinks in the observation area provided you do not leave your wrappers and spills for staff to clean up.
6. Jewelry must be removed prior to class. Small stud earrings may be worn if necessary. All types of valuables should be left at home; SCGA will not be responsible for lost, broken, or stolen items.
7. Proper attire: Girls may wear a leotard or t-shirt and shorts and boys a t-shirt and shorts. Shirts need to be long enough to be tucked in; however clothing does not need to be baggy as this is a safety hazard to both the student and the coaches. No clothing with belts, buckles, buttons, or metal studs will be permitted on the equipment. Only footless tights will be allowed as socks and footed tights are slick and pose a safety hazard. Extra clothing needs to be placed in a cubby and not spread all across the gym.
8. Hair needs to be kept out of the face. Long hair must be tied back as it can obstruct the vision, get caught on equipment, or be pulled out on some skills. Hair ties with hard objects, like plastic balls, should not be worn as they can cause injury during some skills.
9. Students may not leave class without permission from instructor. This includes trips to the bathroom, water fountain, or to parents. The instructor needs to know where all students are at all times.
10. Advise the coach if you have any symptoms of illness. Report any injury, unusual pain, or discomfort to the instructor immediately.
11. Respectful social behavior of all students is expected. Unacceptable behavior includes cutting in front of others, pushing, hitting, spitting, and bad language. No one is allowed to interfere with the progress of another gymnast or class. Gymnasts are expected to be respectful, polite, and show good manners at all times in the gym to the instructors and fellow gymnasts. Gymnasts who continually disrupt will be asked to leave.

TRAMPOLINE SAFETY

1. The TumblTrak is a one way road. Once you jump off the end you walk back up on the floor and return to the line for another turn. **DO NOT JUMP BACK TOWARD THE BEGINNING.** Failure to follow this will result in losing a turn.
2. Bounce only in the center of the trampoline and only on your feet, knees, or bottom.
3. **NO FLIPPING** is allowed unless instructed and supervised.
4. Do not begin jumping on the TumblTrak until instructed. Gymnasts jumping too close together can cause injury.

OBSERVATION RULES FOR PARENTS/SIBLINGS

1. All observation is to be done from the bleachers or from the upstairs deck.
2. Children must be kept under control in the waiting area at all times. No jumping on and off bleachers, running into the gym area, or loud yelling and screaming as this can distract our gymnasts.
3. **NO FLASH PHOTOGRAPHY!** Cameras are more than welcome, but **PLEASE** turn off that flash as it can distract our gymnasts and even cause an injury.
4. Spotting is to be done by coaches only! No spotting by parents, siblings, or other students.
5. Parents should not coach from the sidelines. Your child will be safer and learn more from the instructor and get more out of class if you do not interfere. If you have questions, ask the coach after class, or schedule a meeting time. Should there be a problem with a particular instructor or a problem to do with your child and the gym, please do not hesitate to discuss these with the gymnastics director or a member of management.
6. Gymnasts are expected to be picked up within 15 minutes of the end of the scheduled class. A parent/guardian or approved party must come in to pick up child. Children will not be allowed to wait outside for their ride.

GYMNASTICS SAFETY RULES

1. No working out or playing without an appropriate thorough workout.
2. Before crossing any dismount mat, TumblTrak dismount mat, the floor exercise mat, or any other apparatus mat look around for other gymnasts. Do not cross until the way is clear. Always yield to the gymnast in the middle of doing skills.
3. Never dismount off apparatus onto anything but landing mats or crash pads. Crash pads and landing mats increase safety but will not totally protect from injury. Use common sense and proper landing progressions.
4. Spotting is to be done by coaches **ONLY**. No spotting from parents, siblings, or other gymnasts.
5. Follow and master skill progressions. Gymnasts should not be attempting difficult skills they see others do without learning all the lead up skills and having permission from the coach. Gymnasts should not attempt a new skill without a spot until instructed to by the coach.
6. **PAY ATTENTION!!!** Be aware of what is going on around you in the gym. Also, pay close attention to the coach to understand what they expect of you and how to keep yourself safe. Do not be afraid to ask for repeated directions or clarifications if you do not understand.

CONSEQUENCES OF MISBEHAVIOR

If a child is participating in unsafe horseplay, being disruptive to the class, or not following safety procedures, we reserve the right to remove the child from that situation. The following are steps we will take to attempt to allow the child to remain in class, but if the misbehavior continues, we will ask them to leave for the day.

1. Warning from instructor
2. Missing a turn
3. Missing the rest of the rotation at an apparatus
4. Dismissal from the remainder of that day's class