

Loudoun Gymnastics

★ Gym Rules... ★

RULES FOR STUDENTS:

- Be Safe and Have Fun! Tumbling only in the gym, not the lobby.
- Please be on time for your class. Warm-ups are a very important part of gymnastics, they slowly elevate your heart rate and stretching helps to prevent injuries.
- Be friendly to your fellow participants and Instructors.
- Listen to, cooperate with and respect your Instructors.
- Gum is not allowed anywhere in the gym or lobby.
- Eat and drink at designated areas, times and locations. No food or drinks are allowed on the gym floor, except for bottled water.
- Do not get on any equipment without permission from your Instructor.
- Remember to use your "Inside Voice".
- Show good sportsmanship at all times.
- Students need to wear appropriate attire. No jewelry, pockets, buttons, zippers (that can get stuck on equipment) or shoes on the gym floor. Long hair must be tied back away from the face.
- Use kind language at all times, no foul or inappropriate language.
- Walk please, no running or rough-housing in the gym at any time.
- Whenever moving through the gym, stay alert and look out for other gymnasts.
- Students may not leave their class without permission from their Instructor. This includes trips to the bathroom, water fountain...

RULES FOR SPECTATORS:

- For safety reasons all spectators must wait in the lobby room.
- If you must take your child out of class early, please notify the Instructor in advance.
- If you need to talk to an Instructor about concerns, questions, or compliments, please do so before or after class, not during class.
- Before participating, a release form must be filled out and signed by the student's parent or legal guardian.
- Safety rules must be followed not only by gymnasts but also by parents and siblings.

www.LoudounGymnastics.com

