

## SAFETY FIRST

Dear Parents:

Safety is every instructor's top priority in the gymnastics program! We encourage all staff, gymnasts and parents to help in making the gym a safe environment for everyone. In this brochure you will find information on keeping the gym and everyone involved safe!

Rules are set to ensure safety for every gymnast, instructor, and bystander. In order for the gymnastics program to be fun, we must have rules. No sport is fun if someone gets hurt! Please make sure your child has a full understanding of all the gym rules.

Please help us create the best learning environment by following these simple guidelines while in our Gymnastics Center.

Thank you,

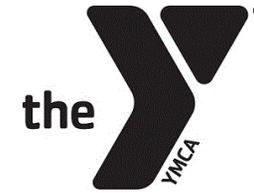
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## GYM SAFETY

KEEPING EVERYONE SAFE  
Gymnastics Program  
TIFFIN YMCA



Our goal is to ease our gymnasts through gymnastic skills and teach them how to do it by themselves in a safe manner. This is to ensure long-term success by

We encourage everyone to help in every way you can to keep our children safe. Here are some ways you can help out...

## Gymnastics Center Rules for Students

PLEASE REVIEW THESE RULES WITH YOUR CHILD BEFORE EACH CLASS.

- Always give your instructor your FULL ATTENTION
- Always have an instructor present before getting on a piece of equipment
- Always keep food, drinks, candy/gum out of the equipment space; only exception is bottled water with your name on it
- Always walk to a piece of equipment
- Always ask to leave class (ex: to use the restroom or get a drink). Children 7 and younger need to be accompanied by a parent or guardian to leave the gymnastics center
- Always use the restroom before class starts
- Always look both ways before crossing any mat
- Safety first, learn gymnastics and most of all, HAVE FUN!



## Gymnastics Center Rules for a Safe Environment

**NO INSTRUCTOR = NO EQUIPMENT:** Make **No instructor = no equipment:** Make sure your child is not playing on equipment before or after classes; and please keep in mind the carpeted floor is also considered a piece of equipment. Please do not allow young children, not enrolled in classes, to come out onto the gym floor area or play on any matting. Class participants should wait on the grey carpeted area until they are called by their instructor. ONLY class participants may enter the "gymnastics equipment area."

**Proper clothing:** Please make sure your child is dressed appropriately for each class. The best attire for the sport of gymnastics or tumbling is a leotard or tucked-in shirt and shorts. Close fitting clothing is safe for your child and the coach for spotting skills. If tights are worn, please be sure they are footless. Please, no ballet/dance leotards with skirts, loose clothing, or jeans. Loose clothing can get caught in equipment and make it difficult for the coaches to spot your child. Hair should be pulled back out of the child's face. No jewelry. One pair of post earrings may be worn at child's own risk.

**Reinforce gym rules:** Before each class go over gym rules to assure your child is fully aware of proper behavior in the gym. Gym rules are for everyone's safety!

**Pre-existing injury:** Parents, please let the instructors know of any new outside injuries (bike wreck, hurt wrist, rolled ankle, etc.) We want to take care not to aggravate the injury.

**Help to keep the gym clean:** Please be sure all belongings are safely tucked away in a cubby box while your child is in class. We don't want anyone to trip and fall!

**Strict instructor to student ratios:** Our program has strict class ratios for the safety of the student and the instructor. Our class sizes are smaller or at ratio with other gymnastics centers. Added benefit for our program is that we also may have Junior Coaches to assist classes (most often our Junior Coaches are current or previous Gymnastics Team Gymnasts from our Competitive Program).

## Safety Policies for Parents, Bystanders, and Guests

**Non-class participants must remain outside the gymnastics equipment areas at all times:** The only exceptions are for those adults participating in the Parent-Tot class. We have special seating for our program in the balcony. Priority seating for disabilities or seniors is provided on the ground floor in the gymnastics center.

**Please refrain from distracting your child:** It is best for your child if their full attention is on the class and the instructor. While your child is in class, we ask that you wait until the end of class to talk to your child.

**Refrain from coaching your child while they are in class:** A parent/bystander who coaches/corrects their child while in class will cause disruption of their class, other classes, gymnasts and coaches. This also causes interference with the coach-to-gymnast trust relationship and can confuse the child. Encourage your child before class that they need to ask their instructor for help if they are ever confused and need help during class.

**Photography policies:** With approval from a coach, you may take photos of your child AFTER class, when all other children are no longer present.

