

LET'S TALK SAFETY IN THE GYM...

Here at The Gymnastics Connection we strive to teach you children gymnastics in a fun and safe environment. However, there are some things that you can help with too. We will talk to the children daily about staying safe, but we also want you to talk to them if you see things they are doing that look unsafe. Children are our world's greatest asset. We all should work to keep them safe.

Listed below are some particular things we want the children to think about while they are here at the gym. Three or four times a year we set aside a few minutes to remind them of these rules. Please read these to your children.

I. Proper Attire

- A. Having the correct clothes can be a safety rule.
- B. All girls must have their hair tied away from their face and no jewelry.
- C. All girls should wear a body leotard, no tights.
- D. All boys should wear a T-shirt tucked into stretch shorts or pants.

II. Before Class

- A. Talk to your child at home about staying in line, not talking in class and listening carefully to the instructor.
- B. Arrive for class 5 - 10 minutes early.
- C. A student arriving late for class 15 minutes or more will not be able to participate due to safety.
- D. Keep all brothers and sisters off the equipment and watch for other students running or "playing" on the equipment.
- E. All parents are required to stay in the observation area.
- F. Tell your child to tell the teacher if they have to go to bathroom (parents should accompany young children to the bathroom if possible).
MOMS and DADS...Take your child to the bathroom before class.

III. During Class

- A. There must be an instructor present to be on the equipment.
- B. Absolutely no horseplay or running around the equipment.
- C. Only one person on the equipment at a time.
- D. Look around before you cross in front of other groups.
- E. The children should tell the teacher if they are feeling sick or faint.
- F. If only one person is in the class, the class will end ten minutes early.

IV. Special Equipment Precautions

- A. Bars
 - 1. No hanging on supports
 - 2. Swing in the middle of the rails, not the ends.
 - 3. Never touch the spin locks or cables.
 - 4. Remember, "You won't fall off unless you let go!"

- B. Beam
 - 1. Remember, "If you feel like falling...jump off."
 - 2. Bend knees on landing.
 - 3. Tell the instructor if you are afraid of the high beam.

- C. Trampoline
 - 1. Always approach from the end.
 - 2. Never step on or near the side.
 - 3. Always jump and stay in the middle.
 - 4. Don't follow too closely to the student ahead of you.
 - 5. Tumble down the middle of the trampoline bed.
 - 6. Never go on without a teacher present.

V. Warning of Risk to Participant & Insurance

The *Gymnastics Connection* is not responsible for providing medical accident injury insurance on students. Parents are advised to provide adequate accident and medical insurance for the child enrolled in classes at *The Gymnastics Connection*. This company shall not be held responsible for treatment or losses due to participation in activities before, during, or after classes or due to activity connected with the center.

Please be advised that any activity involving motion or height create the possibility of accidental injury. Parents and participants should be aware that injury is possible in connection with this or any athletic activity.

Parents assume all responsibility for any injury due to participation in this activity.

THE GYMNASTICS CONNECTION REFERRAL POLICY

When you tell someone about *The Gymnastics Connection, LLC* and they enroll in any of our programs, you will receive \$5.00 off your next pay period.

Just tell your friends to enter your name where the enrollment form asks, "How did you hear about us?" And, you win! If they are hesitant, remind them of our 100% tuition back guarantee for new families.

Remember... **If you like us, tell others,
If you don't, tell us!**