



Lil' Flipper's Gym Time

Safety Guidelines



We strictly enforce our age limit. This is a Lil' Flipper's event ONLY. Older siblings will not be allowed to play in the gym or "hang out" in the facility during Lil' Flipper's Gym Time.

1. Basic Rules of the Gym

- a. **Drop Off and Pick Up Areas**-We care about you and want you to be safe. Please wait for the SCA Coach to welcome you before entering the gym. You can wait upstairs or in the SCA Snack Shack.
- b. **Parent Participation**-All Lil' Flipper's require a parent chaperone. We ask adults to refrain from using the equipment unless you are assisting your child.
- c. **Strollers/Large Items**- We ask that these remain in the Snack Shack Area.
- d. **Water Only**- Please only bring water inside the gym and keep all water bottles on the shelves.
- e. **Walkways-Do NOT Cross Red!** You will notice red Velcro around the gym. Please do not cross the redlines, as they are keeping the athlete on the trampoline safe. Please use gym walkways and watch out for other children playing.
- f. **What to Wear?** At SCA, you must be in appropriate athletic attire. T-Shirts and shorts with no zippers are best. No shoes or socks on the equipment, unless they have clean cheer shoes. Hair must be up and no gum or jewelry.

2. Trampoline, Tumble Trak & Air Trak Safety

- a. One athlete at a time on the trampoline
- b. Tumble Trak-Jump towards the pit and keep 10 feet apart
- c. 10 Bounce Starts and the Safety Stops
- d. Learn how to fall safely!

3. Perfection Before Progression

- a. **Progressions**-One of SCA's Core Values is teaching the perfection of all skills before progressing onto a new skill. Please make sure your child does not try any skill, they are not trained to attempt. Take the time to learn the proper technique, and when you move to the next skill, you will not only be ready, but you will be safe and learn it quickly!

4. Ask Questions

- a. Always ask questions. When you are unsure of how to do something, ask the coach. If something feels off or wrong, please ask or tell the coach. **Understanding = fewer injuries and greater success!**