MOMENTUM GYMNASTICS CLUB

PARTICIPANTS DISCIPLINE and SAFETY POLICY

- Participants should be suitably dressed. Girls should wear the leggings/shorts and t-shirt/leotards. Boys should wear shorts/track suit bottoms and t-shirt/unitards.
- Belts, buckles, and zips on attire are prohibited.
- Baggy and loose fitting clothes are prohibited.
- No jewellery – small stud ear-rings may be worn if less than 12 weeks since done and **MUST BE** covered by tape.
- Hair should be tied back to avoid visual obstruction and entanglement with apparatus.
- All participants should understand and respond to the "**STOP**" instruction quickly and quietly.
- The **NO RUNNING** rule should be adhered to at all times to help maintain a safe working environment.
- **ALL** the gymnastics mats are positioned for participants safety and should not be stepped on or lay on unless being used for a specific activity / gymnastics skill.
- Be aware of other people in your group and class and do not hinder their activity or endanger their safety by misbehaving.
- Look and listen at all times to ensure full understanding of the instructions and learning of the skills.
- Be prepared to ask questions if the instructions are not clear and understood as not understanding may compromise yours and others safety.
- **NEVER** leave the gym without asking permission or informing a coach.
- If you need the toilet, tell a coach. You will never be refused.
- Go to the toilet one at a time and come straight back. Participants aged 8 and over at Tenbury, and 10 and over at Cleobury (Lacon), may go on their own. Younger participants are accompanied by a coach.
- At the end of the gymnastics lesson, stay in the hall with your coach until you are handed to your parent, carer or another adult the club has been told about.
- **DO NOT** go outside to the car park without a responsible adult. Inform the coaches if your “lift” is late and wait inside the hall.
- You may only walk home on your own if the club holds a signed Walking Home Consent Form. If you do not have one, wait inside for your parent or carer.
- **Have fun and smile!**

Updated: 28/09/2026