**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.
* At the end of the gymnastics lesson, ensure the person who is collecting has come into the building,
* **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.
* **Have fun and smile!**