

## **Gym Rules**

\*These rules apply to all Boundless Classes and Teams\*

- 1. No food, colored drinks or gum in the gym.**
- 2. No jeans, belts, or sharp objects. No shoes in the gym.**
- 3. No swearing, bullying, or fighting.**
- 4. Stay with your group/instructor at all times.**
- 5. No running in the gym, except in designated areas.**
- 6. Mats must be under all bars and beams before use.**
- 7. Do not throw objects.**
- 8. Do not attempt any skills by yourself unless an instructor approves.**
- 9. Parents and viewers must stay in the viewer area unless escorted by a staff member.**
- 10. Spotting is to be done by coaches only. No student or parent spotting of any gymnasts unless supervised by a coach.**
- 11. No destruction or vandalism of equipment will be tolerated.**

### **IF YOU DO NOT OBEY THESE RULES THE FOLLOWING WILL HAPPEN:**

- 1ST WARNING -VERBAL**
- 2ND WARNING - OUT OF CLASS 15 MIN**
- 3RD WARNING – DISMISSED – CALL YOUR PARENTS**

### **PARENTS**

- Make sure your child arrives on time to the scheduled lesson. Warm-up is an important part of gymnastics to assure that the child's body is properly warmed-up to prevent injury.
- After your child is called to class, parents are more than welcome to stay and watch. However please do not call your child out of class or interrupt them unless there is an emergency. Concentration is key to gymnastics.
- No parents should be on the gym floor unless taking class with their child. If you have any questions or need something, please speak with someone in the office. If there is an emergency contact the office or instructor.
- Please make sure that your child does not bring valuable items to the gym.
- If you know that your child will be absent from class, please text or email us ahead of time.