

Safety Rules

<p>Vault</p> <ul style="list-style-type: none"> • One at a time on table/mats • Always run towards board • Always run on runway/foam • Always jump on landing mat 	<p>Rings</p> <ul style="list-style-type: none"> • One at a time • Hold both rings • No legs/feet in rings • Never push others on rings 	<p>Beam</p> <ul style="list-style-type: none"> • One at a time (unless instructed otherwise) • Always walk in beam area • Always jump on landing mats
<p>Trampoline/Mini-Tramp</p> <ul style="list-style-type: none"> • One at a time • Always land on landing mat • Walk back on ground to return to line/wait your turn • Shoes not allowed on trampoline 	<p>Bars</p> <ul style="list-style-type: none"> • One at a time • Swing in center of rail • Do not hang on cables or spin locks • Always walk in bar area • Always hold on with both hands 	<p>General</p> <ul style="list-style-type: none"> • Stay out of other classes • Wait your turn/share equipment with team mates • Always listen to teacher • Flip on mats only • Always watch out for other gymnasts

IMPORTANT GYM POLICIES THAT MUST BE FOLLOWED:

- A parent/guardian/sibling must come inside the building in order to drop off and pick up their children. A child is not allowed outside without an adult.
- Do not drop your child off until 15 minutes or less before his/her class starts.
- Please do not honk or flash your headlights for you child to come outside. Distractions must be avoided at all cost. Safety is our first and foremost concern.
- Do not allow your child to run or horseplay in the parent observation area.
- Proper attire must be worn and hair tied back.
- No gum allowed in gym and all food must remain in observation area.
- **Only class students are allowed in the gym area. Parents must remain in parent observation area.**
- **Please do not speak to or yell at your children during class time. This is a distraction to everyone in the gym. Our coaches are trained to handle all situations, including injury, behavior, and class management.**
- **No pictures, videoing, or recording during class or other related events!**
- **Failure to follow these policies may result in dismissal of gym membership.**

Please read and review rules/policies, sign and date, and return bottom portion!

----- cut along the dotted line -----



I, _____ (print parent name), have read through the rules/policies and agree to adhere and abide to all above & gym policies. I also agree to review these rules with my child. I understand that not abiding by gym policies may result in a revoked membership with Majestic Gymnastics!

Parent Signature: _____ Date: _____