



Rules of the gym: Little Falcon Sessions

- Arrive at gym – and register before the start of the session.
- Inform a coach if you wish to leave to gym prior to the end of the session.
- Children must be supervised at all times by their responsible adult.
- No jewellery/watches to be worn in the gym. (remove them before coming to gym)
- Appropriate gym attire to be worn during sessions. i.e. club leotard / your choice of leotard / sleeved T shirt / shorts / leggings.
- The equipment is for the use of the children only.
- Long hair must always be tied back.
- No eating or drinking in the gym. (Water bottles only)
- Mobile phones MUST be switched off during the session.
- Gymnasts should only undertake skills under the instruction of a coach.
- A sensible/responsible attitude to training to be observed at all times.
- Respect each other and the wishes of the coaches.
- Have pride in being a member of FALCON S.A. GYM CLUB.