



## Rules of the gym: Squad Sessions

- You **MUST** attend all your scheduled gym sessions, unless otherwise agreed with your coach.
- Notify your coach and partner(s) if due to unforeseen circumstances you are unable to attend a session. Remaining gymnasts in the partnership will still be expected to attend their training session unless otherwise agreed with a coach.
- Arrive at gym - ready to start work 5 mins before the start of the session.
- Do not leave the gym without the permission of a coach.
- The session does not end until you are dismissed.
- No jewellery/watches to be worn in the gym. (remove them before coming to gym)
- Only recognised gym attire to be worn during sessions.
- Long hair must always be tied back in a bun.
- No eating or drinking in the gym. (Water bottles only)
- Mobile phones **MUST** be switched off during the session.
- Under no circumstances can gymnasts, parents/carers take photos or videos of their child or any other gymnasts whilst in the gym to meet with GDPR regulations.
- A sensible/responsible attitude to training to be observed at all times.
- Respect each other and the wishes of your coaches.
- Have pride in being a member of FALCON S.A. GYM CLUB.