



## Rules of the gym: General Club

- Arrive at gym – and register before the start of the session.
- Do not leave the gym without the permission of a coach.
- You must be collected from inside the gym hall by your parent / carer / responsible adult at the end of the session.
- Gymnasts should only undertake skills under the instruction of a coach.
- 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
- 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.
- If parents need to get in contact with your child urgently please call 07917 657956)
- 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.