

FALCON S.A. GYMNASTICS CLUB

Little Falcons – Pre-School Gymnastics: Rules of the Gym

- Doors will be opened 5 minutes prior to the start of the session to register gymnasts.
- Inform a coach if you need to leave the gym prior to the end of the session.
- Gymnasts 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, as Falcon accepts no responsibility for losses or damages)
- Appropriate gym attire to be worn during sessions. i.e. club leotard / your choice of leotard / sleeved T shirt / shorts / leggings.
- Accompanying adults should ensure they wear appropriate clothing that they can move about in, please ensure any jewellery is covered or will not otherwise interfere with gymnast participation. Anything worn is at your own risk.
- The equipment is for the use of gymnasts only.
- Gymnasts should only undertake skills under the instruction of a coach.
- Long hair must always be tied back.
- No eating or drinking during sessions. (Water bottles only)
- Mobile phones MUST be on silent during the session. Please do not bring phones onto the gym floor.
- Pictures can be taken during the session but they must only be of your gymnast and cannot have any other gymnast in the shot.
- 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](#).