

FALCON PARTIES – RULES OF THE GYM

We are delighted that you are considering having a party with Falcon. We would be grateful if you would read and adhere to our party rules.

- Whilst agreeing for your child/children to participate in Falcon parties, it is important to recognise that the activity of performing gymnastics is not completely free from risk.
- You confirm that your child/children's level of fitness is sufficient to undertake the activities of a gymnastics party. They do not suffer from, nor have suffered from, any medical condition that might make participating in the activities dangerous for themselves or others. Please bring to the attention of Falcon staff, at the start of the party, any medical condition or issue that you believe may affect their ability to safely participate during the party.
- By consenting for your child/children to attend the party, you confirm that you have visited our website www.falcongym.com and have read and understood the Parties - rules of the gym and discussed them with your child/children. All party members will attend a full safety briefing prior to starting the activities to reinforce these rules.
- Your child/children must always comply with all instructions from Falcon staff. If they fail to comply with instructions, they may be excluded from the gym until such time as the party has ended.
- It is important you have told your child/children not to attempt any tricks, manoeuvres or moves that are not comfortably within their own skill levels. Please ask them to speak with a member of staff if they are at all unsure.
- Party children should not leave the gym without first notifying a coach.
- No jewelry or watches are to be worn in the gym. Please remove any such items before attending, as Falcon accepts no responsibility for any losses or damages.
- Children must wear appropriate clothing for taking part in gymnastics activities, such as leotards or T-shirts with shorts, tracksuit bottoms or leggings. No zips or buckles are permitted. Long hair must always be tied back. No outdoor shoes to be worn on the mats.
- Adults are not permitted on any equipment.
- No eating or drinking is permitted during the gymnastics party (main gym), except for water. Children should bring a water bottle.
- The party host may arrive to set up 30 minutes prior to the start of the party and may put up any balloons and banners you require. Helium balloons must be weighted. If any balloons float to the ceiling, there may be an additional charge to remove them as this could set off the alarms.

- Falcon staff will entertain the children as they arrive and, once the party has started, will provide one hour of coach-led gymnastics.
- Falcon will provide tables and seating for your refreshments in a separate room.
- The party host will provide adequate supervision whilst the children are having their refreshments, including escorting children to the toilets.
- We ask that you tidy and take away any rubbish at the end of the party and clear up any spillages etc.
- The hall must be vacated within 30 minutes of the end of the scheduled party.

Reviewed and updated 22.04.2026

