

RULES OF THE GYM

It is important to always bear in mind that whilst agreeing for your child/children to take part in Falcon activities as listed above, the activity of performing gymnastic related skills is not completely free from risk. By registering for a place, you are acknowledging having read and understood the rules of the gym and discussed them with your child/children.

To ensure the safety of our gymnasts and coaches within the gym, please take note of and adhere to the following rules:

- Arrive at the gym and register prior to the start of the session.
- Do not leave the gym without the permission of a coach.
- At the end of the session, gymnasts must be collected and signed out from the exit by a parent/carer/responsible adult.
- By attending the session, you confirm that your child/children's level of fitness is sufficient to undertake the activities of that session. 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 session, any medical condition or issue that you believe may affect their ability to safely participate during the session.
- By consenting for your child/children to attend the session, you confirm that you have visited our website www.falcongym.com and have read and understood the rules of the gym and discussed them with your child/children.
- Your child/children must always comply with all instructions from Falcon staff. If they fail to comply with instructions, they may be asked to sit out or be excluded from the gym until such time as the session has ended.
- Gymnasts should only undertake skills under the instruction of a Falcon coach. 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 Falcon staff if they are at all unsure at any point during the session.
- Accompanying adults (Preschool / SEND classes) should ensure they wear appropriate clothing in which they can move around easily.
- No jewellery 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.
- Appropriate attire must be worn during sessions, such as leotards (club leotard/leotard of your choice) or T-shirts with shorts, tracksuit bottoms or leggings. No zips or buckles are permitted.
- Long hair must always be tied back.

- No eating or drinking is permitted in the gym, except for water. Children should bring a water bottle to all sessions.
- Mobile phones MUST be switched off during the session.
- If parents need to get in contact with their child/children urgently, please contact Mel on 07514 366894.
- Under no circumstances can gymnasts or parents/carers take photos or videos of their child or any other gymnasts whilst in the gym. This is to comply with GDPR regulations and safeguarding.
- A sensible and responsible attitude to training must be observed at all times.
- Respect one another and the wishes of your coaches.
- Have pride in being a member of Falcon.

These rules were reviewed and updated 22.04.2026



