



## ATHLETES SAFETY RULES IN THE GYM POLICY

Police name	Athletes Rules & Safety In The Gym
Date of Issue	November 2003
Policy Covers	All Athletes
Date of Review	November 2005
Controlling body	CEO-Branch Managers

### ATHLETES RULES & SAFETY IN THE GYM POLICY

- **NO ONE** is permitted on equipment with out coach approval.
- **NO RUNNING** in gym unless instructed by a coach.
- **NO ONE** is permitted into gym area apart from gymnasts attending their lesson time.
- **ATHLETES** must not leave the building without a supervising parent or care giver.
- **ATHLETES** must ask permission from coach if they wish to leave the class for any reason.
- **ATHLETES** are not permitted to wear jewellery during class.
- **INAPPROPRIATE** behaviour or language from gymnasts or parents at any time will result in the dismissal of the gymnast from class.
- **MISUSE** of equipment will not be accepted.
- **APPROPRIATE** Attire must be worn when participating in gym classes, no loose fitting clothes. Accepted:
- **TRAMPOLINE** One athlete permitted on trampoline at any one time, no shoes, wear socks. Must have a spotter in attendance.

**BREACH OF ATHLETES RULES OF THE GYM POLICY may result in disciplinary action being taken**

Star-Mites Gymsports reserve the right to remove any gymnast for breach of these rules or unsafe behaviour in accordance with the Club's Members Protection Policy.