



## ATHLETES SAFETY RULES IN THE GYM

**Policy Name:** Athletes Safety Rules in the gym  
**Date of Issue:** November 2003  
**Policy Coverage:** All Athletes  
**Review date:** January 2020  
**Controlling Body:** Star-Mites Gym Sports Pty Ltd – SMCD -Directors

### 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.
- **NO FOOD AND DRINK** to be consumed in main gym area unless otherwise advised by coach
- **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, 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.