



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 2024 |
| Controlling Body: | Star-Mites Gym Sports Pty Ltd – Directors |

ATHLETES RULES & SAFETY IN THE GYM POLICY

- **NO ATHLETE** is permitted on equipment without coach approval.
- **NO RUNNING** in gym unless instructed by a coach.
- **NO ONE** is permitted into the gym area besides athletes attending their lesson time.
- **ATHLETES** must not leave the building without a supervising parent or caregiver.
- **ATHLETES** must ask the coach's permission 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 may result in their dismissal from class or the family's removal from the organisation.
- **ATHLETES** must appreciate and respect all equipment
- **NO FOOD** to be consumed in the main gym area unless otherwise advised by the coach
- **APPROPRIATE** Attire must be worn when participating in gym classes. No loose-fitting clothing-Hair tied up-No jewellery to be worn during classes (SM takes NO responsibility for personal belongings brought into the gym)
- **TRAMPOLINE** One athlete is permitted on the trampoline at any time; no shoes are allowed, and a coach must be in attendance.
- **ANY INJERIES** are to be reported immediately to the coach. This includes any existing injuries.

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

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