

GYM RULES & SAFETY

Below is the Gym Rules for SM Cheer & Dance. It is a requirement that all athletes and family's part of our program adhere to these at all times.

- ❖ ONLY athletes attending their lesson time are permitted into the gym area.
- ❖ NO ONE is permitted on equipment without coach approval.
- ❖ NO RUNNING in the gym unless instructed by a coach.
- ❖ ATHLETES 12yrs or younger 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 athletes, parents or visitors at any time will result in the dismissal of the athlete 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 classes.
- ❖ TRAMPOLINE One athlete permitted on trampoline at any one time, no shoes and must have a spotter in attendance.

Breach of any of the above rules may result in disciplinary action being taken

SM Cheer & Dance reserve the right to remove any athlete for breach of these rules or unsafe behaviour in accordance with the Club's Members Protection Policy.