



NIDDRIE GYMNASTICS

Gym Rules

Parents, gymnasts and staff are to familiarize themselves with the Club.

- No food or drink in the gym area. *ESPECIALLY NO CHEWING GUM* Anything dropped or spilled should be picked up and placed in the bins provided.
- Parents are not permitted in the gym area and must watch from the waiting/seating area behind the barrier. Spectators are not permitted to enter the gym.
- As the waiting area is small, we recommend parents do a drop off prior to the class and return for pick up, as a lot of people and noise in the waiting area can be distracting for the gymnasts and their coaches.
- No child is permitted to leave the gym without a parent.
- All gymnasts' clothes, shoes, bags etc. must be left in the change rooms or in the cubicles identified for their session – this may be on the exit side of the gym – to allow for a smooth transition between classes.
- Children must be always accompanied by a parent/Adult while upstairs in the kitchen area. Please respect our rules and our facilities for the benefit of all.
- Gymnasts must not enter the gym area until called by a coach.
- Once class has commenced, gymnasts are under supervision of the coaches – parents should not be distracting/coaching their children from the waiting area – this is how injuries can occur as gymnasts are not paying attention.
- No running through the gym – except whilst training.
- Gymnasts may not leave class without permission from a coach.