

Here at Kawartha Gymnastics, the safety of our members is very important. Please help to ensure everyone's safety by following the policies outlined below:

Athlete Attire

- 1) Please ensure to tie long hair up, preferably above the nape of the neck to eliminate the risk of hair getting caught in equipment.
- 2) All jewelry must be removed including watches, bracelets, anklets, necklaces, earrings other than stud earrings.
- 3) Athletes should avoid wearing loose clothing, especially skirts and dresses that can get wrapped around equipment or a spotter's hand.
- 4) Socks should be removed to avoid slipping.

Drop-off and Pick-up

- 1) Please walk your child into the facility and greet their coach before exiting.
- 2) Parents are asked to watch from our upstairs viewing area. Parents are not permitted to watch on the floor unless your child's class requires parent participation (Babynastics, Parent and Tot and Kindertyke). To avoid crowding, we ask that only 1 adult accompany each child on the floor.
- 3) Please enter our facility to pick up your child. Athletes are not permitted to leave the facility without an adult.
- 4) If your child is carpooling with another family, please let their coach know who is picking them up. We will not send an athlete with someone else's parent without confirmation.

Food and Drink

- 1) Athletes should not be chewing gum while participating. This is a choking hazard.
- 2) We ask that you limit food being brought into our viewing area and that all garbage is taken out with you. Recreational athletes will have access to a water carrier which their coach will carry around the facility.
- 3) We are a nut free facility as we do have a number of severe allergies.
- 4) We suggest bringing reusable water bottles to class that can be filled at our water station.
- 5) There is zero tolerance for the use of alcohol or other substances while in our facility or before attending one of our programs.

Emergency Procedures

- 1) In order to reduce obstacles in the case of an emergency, please use the spaces provided for footwear and clothing.
- 2) In case of fire, please follow all directions given by KG staff to help evacuate safely.
 - a. Staff will do a head count of their group and then proceed to evacuate their group to our designated meeting area.
 - b. All people inside the facility should meet at hut #4 located at the back right side of the property.
 - c. Once everyone is at our designated meeting spot, an appointed staff member will do a head count using our attendance lists.
- 3) In case of inclement weather:
 - a. We will do our best to make a decision to close our facility in a timely manner. For morning programs, we will do this by 7:00am and for afternoon programs by 2:00pm.
 - b. If the weather becomes inclement while programs are running, please use your judgement and pick your child up early if necessary. We will remain open until the last athlete is picked up, but may modify class structures to accommodate sending our staff home.