



Kawartha Gymnastics Adult Open Gym Policy

Kawartha Gymnastics Adult Open Gym is intended to provide participants with a safe, respectful, and appropriate environment for recreational training and skill development. All participants are expected to follow the rules and directions provided by Kawartha Gymnastics staff.

1. Kawartha Gymnastics Competitive Athletes

Kawartha Gymnastics competitive athletes are **not permitted to attend Adult Open Gym** unless they have received prior approval from the WAG Director or MAG Director.

2. Competitive Athletes from Other Clubs

Athletes who are members of a competitive team at another gymnastics club may not use Adult Open Gym as additional or supplemental competitive training. Athletes from other clubs may attend Adult Open Gym on an occasional basis; however, **prior written permission must be obtained from Kawartha Gymnastics** by emailing operations@kawarthagymnastics.ca.

Coaches who are not employed by Kawartha Gymnastics are NOT permitted to attend with athletes. Athletes will be supervised by Kawartha Gymnastics staff.

3. Permitted Skills and Activities

Adult Open Gym is not intended for the practice of high-risk or advanced skills that are outside the scope of the session. Participants must not attempt skills that are prohibited by Kawartha Gymnastics staff, including, but not limited to:

- Double saltos
- Front handspring front vaults
- Any other skills specifically prohibited by KG staff

Kawartha Gymnastics staff have the authority to determine whether a skill or activity is appropriate and safe for Adult Open Gym. Participants must follow all instructions provided by staff immediately.

4. Respectful Conduct

All participants are expected to treat Kawartha Gymnastics staff, coaches, and fellow athletes with respect.

Threatening, aggressive, abusive, or disrespectful behaviour or language will **not be tolerated**. Participants who engage in this behaviour may be immediately asked to leave the facility and may have their Adult Open Gym privileges suspended or terminated.

5. Suspension or Termination of Open Gym Privileges

Kawartha Gymnastics reserves the right to suspend or terminate an individual's Adult Open Gym privileges if they:

- Fail to follow this policy or other KG rules.
- Disregard the direction of Kawartha Gymnastics staff.
- Attempt prohibited or unsafe skills.
- Engage in disrespectful, threatening, or inappropriate behaviour.
- Create an unsafe environment for themselves or others.

Kawartha Gymnastics staff have the authority to ask any participant to leave the facility when they determine that the participant's conduct or activity presents a safety or operational concern.

By participating in Adult Open Gym, all participants agree to follow this policy and the direction of Kawartha Gymnastics staff.