

## **Glenmore Gymnastics - GYM RULES/POLICIES**

- 1. There are to be no personal belongings including clothes, shoes, water bottles or bags brought into gym. All athletes are asked to use the public lockers located in the change rooms or down the hall beside the gym.**
- 2. Due to limited space in the gym, parents are not allowed in the gym to view their child's class. There are windows surrounding the gym on the main floor you are able to watch through.**
- 3. Please do not use any flash photography, as it can be very distracting and dangerous for our athletes.**
- 4. Parents must come to the gym to pick up your children after class. Please also remember to be on time for pick-up.**
- 5. In order to ensure that all children are safe while in our care, we do not permit our gymnasts to leave the gym area without permission from their coach. This means that children must speak to their coach if they need to use the washroom, get a drink of water, or speak with their parents. We discourage children from leaving class to speak with their parents unless it is an emergency as it can be distracting to the lesson.**
- 6. To ensure the gym stays a fun and safe place for all gymnasts to learn, the following discipline policy will remain in effect for all participants:**
  - The 1<sup>st</sup> misbehavior will result in a timeout from the class, which will be documented**
  - After 2 timeouts, the parents will be notified**
  - 3 timeouts will result in a 1 week suspension from the class**
  - More than 2 suspension weeks will result in removal from the club without a refund.**

**\* Please note that bullying of any kind will not be tolerated, and will result in an automatic suspension.**

**We appreciate your help in following and enforcing the gym rules so that everyone can have a positive experience in the gym.**