



Creating friends through fun and fitness

RULES FOR MEMBERS

WGGC RULES FOR MEMBERS

All children taking part in a class must adhere to and understand the following rules and we ask that all parents take the time to facilitate this.

These rules have been made to ensure the health and safety for both gymnasts and coaches and if a rule is broken you may be asked to sit out of a class or be excluded from future classes.

- You must try to arrive on time - If you miss the warm up you may injure yourself!
- Wear suitable clothing. A leotard or T-shirt and shorts/leggings is best. Please do not wear clothes with zips, buttons and badges as this may ruin the equipment.
- No shoes are allowed in the gym area at all.
- Long hair should be tied back – you don't want it to get in your way or get caught in the apparatus!
- Jewellery and watches should be taken off. If you have pierced ears and can't take your earrings out, you can cover them with tape or plasters to protect them.
- Help the coaches to take care of the equipment and only use it when told to do so.
- Listen to your coaches at all times and without interruption – this will help you to stay safe.
- Let your coach know if you have hurt yourself or if you are feeling unwell during class.
- Never leave the gym without letting a coach know first.
- No chewing gum is allowed in the gym and you shouldn't eat when you are training.
- Be kind, take turns and help others in the gym.
- Absolutely no bullying is allowed in the gym. Anyone who is mean to others or uses bad language will be asked to sit out and may be excluded.
- You should stay in the gym at the end of your class until someone comes to collect you. You should not go and wait outside.
- And the most important rule of all..... Have fun and keep smiling!