

General Rules

1. Only gymnasts and coaches are permitted in the gym during their respective class time. Parents and gymnasts waiting for class to start may sit upstairs. Please supervise your children when they are on the balcony.

2. Appropriate dress is required to participate in class to prevent injury to coaches and/or gymnasts both coming and going from class:

Girls: Leotard, shorts, sports-bras, hair pulled back (use bobby pins and clippies) No sweat pants. No "camis" or loose t-shirts that can slide over your head when tumbling

Boys: Gym shorts, sweat pants, tee shirt.

All: Coats and pants must be on when leaving gym especially in the winter months. No jeans or jean shorts. No jewelry (small studs/posts only), including necklaces, earrings, watches, bracelets, or facial piercing. No exceptions! Plan piercings/tattoos accordingly with the Slet! Large bulky clothing and jewelry is a hazard when spotting tricks. If you are not dressed appropriately, you will not be permitted to participate in that class.

3. Cell phones are **not** permitted in the gym.

4. Gymnasts are not permitted on equipment with out a coach.

5. No running around or horseplay anywhere (this includes upstairs on the balcony, in the hallway, bathroom and the gym). No lounging on the gym mats!

6. No food, gum or drink is allowed in the gym.

7. Parents should refrain from shouting or talking into the gym from the hall or balcony. These kinds of distractions are dangerous!

8. Gymnasts should get ready upstairs not in the hallway both coming and going from class. Blocking the hallway is a fire hazard.

9. All clothing and belongings are to be kept upstairs, not in the hallway. Items lying on the floor can cause a tripping hazard. No exceptions!

10. No smoking by any participant at anytime and no smoking in the gym.

11. Keep your hands and feet to yourself.

12. Respect your coach, parents, other gymnasts, and all Sokol staff.

13. Gymnasts must wait upstairs until their class is called down.

14. When on the balcony, no running, sitting on tables, or yelling. Also, if you have garbage up there, throw it away!!!

15. Confidential comments, concerns, complaints, or questions should be taken up with Jimmy or Kerri ONLY as soon as they arise (see welcome letter for phone numbers). General comments or questions can be directed to the staff at the front desk.

16. All participants are expected to clean up gym at the appropriate times. Help from parents and other spectators is always appreciated and welcomed! We are volunteers and do our best to put up the gym and take it down each week.

17. Participants must wait inside for a ride home no matter what time of day it is or what season it is.