

TAISO GYMNASTICS

GYM RULES DURING ADULT AND TEEN DROP IN CLASSES

- 1. The equipment and mats should be used for their intended purpose only. Treat all equipment with respect.**
- 2. The coach needs to assess the skill level of participants to ensure safety. Always ask before using a piece of equipment or attempting a skill if unsure.**
- 3. ONE person is allowed on the trampoline at a time.**
- 4. Ensure the protective mats are in place around the trampoline prior to using it.**
- 5. The high bar over the pit is off limits.**
- 6. Look for other people prior to jumping into the foam pit.**
- 7. No standing on any of the bars in the gym.**
- 8. Use chalk on your hands prior to using any of the bars, rings or pommels.**
- 9. Only the coach can adjust the height of any of the bars.**
- 10. Put all mats and equipment away after you are done using it.**
- 11. Carry, don't drag and drop, the spotting boxes.**

