

Rules of the Gym

- Athlete's training area is restricted to athletes and staff only.
- Spectator's must not distract athletes or coaches during class times.
- Children not participating in classes are not allowed on the equipment or in the training area at any time.
- No mobile phones to be used during class by athletes – including in break times.
- Athlete's hair should be tied/pulled back neatly from face and eyes.
- No jewellery is to be worn during class – if unable to be removed then jewellery to be taped. Studs/Sleepers are permitted.
- Athlete's must behave and follow the rules of participation as set out by the coach. Disruptive behaviour will not be tolerated.
- Athlete's must arrive on time for class and be picked up on time.
- Children must be collected from the Club and are not permitted to leave unless in the company of a parent or guardian.
- All athlete's to be appropriately dressed when attending classes. Neat leotards are highly encouraged for all classes however they are a MUST for our Squad groups. Black sports shorts over leotards are fine for training. Ninja, Toddler and Kindy classes need to be in tight fitting sports type clothes. Absolutely NO skirts, baggy clothes (due to safety issues), denim or dangly jewellery to be worn.
- Children coming straight from school need to have their gym clothes with them to change into on arrival.
- Don't forget after school snacks and water bottles.
- Advanced squad classes will have a snack break during class. Please pack a small, healthy snack for the kids.
- Kids to tidy up after themselves and are responsible for their own clothing/possessions.
- Rubbish is to be placed in the bin provided.
- Punctuality must be strictly adhered to. Warm up is one of the most important parts of the classes.
- No shoes are to be worn on in the training area. Shoes are to be worn to and from classes only.
- Children are not to share drink bottles and fill only from the water station provided.
- Running in the gym is not permitted unless as part of a class or instructed by the coach.
- Children who behave inappropriately will be give ONE verbal warning and then if behaviour continues a 5-minute time out. If the child persists in behaving inappropriately, they may then be asked to leave the group and a parent/guardian will be notified to collect.
- No swearing or verbal abuse will be tolerated at any time.
- At Denmark Gymnastics there is a NO BULLYING policy and bullying will be dealt with accordingly. Please report any concerns to your coach.
- No food to be eaten in the training area.
- Do not climb the fence. All children in the waiting area are to be supervised by a responsible adult.
- Running or 'mucking around' in the waiting area will not be tolerated.
- Students should never perform or attempt to perform a skill that they have not been taught by a coach of Denmark Gymnastics Club.
- It is forbidden to play in the carpark or any area around the gym shed.

Thank you for your co-operation in following these rules.