



## **CLUB RULES**

For the safety and enjoyment of others, High Flyers rules are as follows:

- Athletes training area is restricted to athletes and staff only.
- Athletes must wait in the foyer area until called for their class.
- Spectators must not distract athletes or coaches during a class – all queries must be directed to reception.
- Children not participating in classes are not permitted on the equipment at any time.
- Chewing gum is not permitted in the gym area.
- Food or drink is not permitted near the equipment.
- Sports drinks, cordial, or fizzy drinks are not permitted in the gym training area. WATER ONLY.
- NO mobile phones to be used during training sessions.
- Children with long hair must have it tied away neatly from face and eyes.
- Jewellery may not be worn during class – for the protection of participants and equipment. Including body piercings. Please tape up for your protection if you cannot remove them.
- Nails must be kept short, and make up (if worn) must be kept minimal.
- Parents must inform coaches of any medical conditions relating to their child.
- Athletes must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behavior will not be tolerated.
- Athletes must be collected by parents/guardians from inside the gym.
- Non-participating children remain the responsibility of the parent/guardian at all times.
- Parents must not go on to the gymnastics floor at any time.
- These rules apply to athletes, parents, guardians, non-participating children, coaches and volunteers.