

Let's Talk Safety in the Gym

Here at All-American we strive to teach your children gymnastics in a fun, and safe environment. But, there are some things that you can help with, too. We'll talk to the children daily about staying safe, but we also want you to talk to them if you see things they are doing that looks unsafe. Children are our world's greatest asset. We all should work to keep them safe.

Listed below are some particular things we want the children to think about. Three or four times during the year we set aside a few minutes to remind them of these rules. Please read these to your children.

I. Proper Attire

- A. All girls must have their hair tied away from their face and no jewelry or earrings.
- B. All girls should wear a body leotard with no attached skirts, no tights, and gymnastics shoes.
- C. All boys should wear a T-shirt tucked into stretch shorts or pants, and gymnastics shoes.
- D. Sneakers are absolutely forbidden if the child is big enough to fit into gymnastic shoes.

For safety reasons we cannot allow socks or bare feet for students. **All parents who accompany their child to class are required to wear socks.**

II. Before Class

- A. Talk to your child at home about staying in line, not talking in class and listening carefully to the instructor.
- B. Please arrive for class 5 - 10 minutes early. Students wait for their class to begin in the "cubby" area inside the gym.
- C. Keep all brothers and sisters off the equipment and watch for other students running or "playing" on the equipment.
- D. All parents are required to stay in the observation area.
- E. Take your child to the bathroom before class! If they have to go to the bathroom during class, they should tell their teacher. Parents of preschoolers should accompany their child to the restroom.
- F. Avoid children bringing cell phones and leaving them in the gym during class.

III. During Class

- A. There must be an instructor present to be on the equipment.
- B. Absolutely no horseplay or running around the equipment.
- C. Only one person on the equipment at a time.
- D. Look around before you cross in front of other groups.
- E. The children should tell the teacher if they're feeling sick or faint.

IV. Special Equipment Precautions

- A. Bars -
 1. No hanging on supports.
 2. Swing in the middle of the rails, not the ends.
 3. Never touch the spin locks or cables.
 4. Remember, "you won't fall off unless you let go!"
- B. Beam -
 1. Remember, "if you feel like falling...jump off."
 2. Bend knees on landing.
 3. Tell the instructor if you're afraid of the high beam.
- C. Trampoline-
 1. Always approach from the short side.
 2. Never step on or near the springs.
 3. Only one person on the trampoline at a time.
 4. Always jump and stay in the middle.
- D. Tumbl-Trak
 1. Don't follow too closely to the student ahead of you.
 2. Tumble down the middle of the trampoline bed.
 3. Never go on without a teacher present.