

Let's Talk Safety in the Gym

Here at All-American we strive to teach your children gymnastics in a fun, and safe environment. There are some things that you can help with. 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.

Proper Attire

All girls much have their hair tied away from their face and no jewelry!

All girls 3 All-Me and up, should wear a body leotard with no attached skirts, no tights, and gymnastics shoes.

All boys 3 All-Me and up, should wear a compression shirt or T-Shirt tucked into stretch shorts or pants, and gymnastics shoes.

Parent ant Tot girls are encouraged to wear leotards, but may wear comfortable clothes. Grip socks are allowed, if their feet are too small for our gymnastics shoes. Grip socks are sold in our pro-shop.

Before Class

- Talk to your child at home about staying in line, not talking in class and listening carefully to the instructor.
- Please arrive for class 5-10 minutes early, Students wait for their class to begin in the "cubby" area inside the gym.
- Keep all brothers and sister off the equipment and watch for other students running or "playing" on the equipment.
- 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.
- Avoid bringing cell phones in class during Parent and Tot classes.

During Class

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

Special Equipment Precautions

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| A. Bars | <ol style="list-style-type: none">1. No hanging on the wire 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 | <ol style="list-style-type: none">1. Remember, if you feel like you're going to fall-jump off2. Bend knees on landing – SLP, Safe Landing Position.3. Tell the instructor if you're afraid of the high beam. |
| C. Trampoline | <ol style="list-style-type: none">1. Never step on or near the springs.2. Only one person on the trampoline at a time.3. Always jump and stay in the middle. |
| D. Tumb Trak | <ol style="list-style-type: none">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.4. Always tumble in one direction down the Tumb Trak. |

 Patti's
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Gymnastics, Dance, Ninja & Swim



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