

Excel Gymnastics Safety Rules

1. **BE ON TIME** – It is important that the gymnasts arrive on time for their class ready to go. Warm up and stretching is important to their safety and ability to perform the skills.
2. **INTRODUCTIONS** - Excel Gymnastics Staff should introduce themselves to those attending OPEN GYM and let them know that they are here to assist them with their gymnastics skills.
3. **PROPER CLOTHING** –
 - a. Girls should wear a leotard, if not that, a t-shirt that can stay tucked in and gym shorts.
 - b. Boys should wear a t-shirt that can stay tucked in and gym shorts.
 - c. No baggy clothing, large baggy clothing can get tangled
 - d. No shoes, socks, buttons, belt buckles, zippers, buttons, these can tear the trampoline.
 - e. No hats or ski/boarding head gear.
 - f. Empty your pockets, anything in your pockets will fall out when you go into the foam pit.
4. **LONG HAIR TIED BACK** (this means boys also)
5. **NO JEWELRY** - Jewelry is dangerous and can cause injury either to the student or the coach.
6. **NO GUM, FOOD OR DRINK** - Food and or Drinks are not allowed on the gym floor. This includes Gum.
7. **PROPER MATTING** – Staff and Gymnasts should make sure that all events and skill stations are appropriately matted/padded prior to attempting any skills. IF they need assistance in finding mats they are to talk to the instructor. When in doubt "OVER PAD" the area.
8. **ONE PERSON ON TRAMPOLINES** - There is to be only one person at a time on the trampolines. Double bouncing can cause injury, whip lash etc.
9. **FEET FIRST LANDINGS ONLY** - Regardless on where you are doing your gymnastics whether it is the pit, floor exercise etc, always land on your feet. HEAD FIRST ENTRY LANDINGS are NEVER ALLOWED....
10. **FOR ASSISTANCE** - When learning new skills always ask for assistance. NEVER try new skills without the OK from an instructor.
11. **PARENT SPOTTERS** - Parents should also ask for assistance when their child needs a spot on a skill. Assuming that they can "spot" is not something that should happen. Parents should basically monitor the safety issues.

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12. **WATCH TRAFFIC** - Gymnasts need to be aware of the high traffic areas like the vault runway, tumbling strips, dismount landing areas and floor ex diagonals. These are dangerous areas. Tumble in one direction.
13. **FLIPPING WITHOUT APPROVAL** - Students that want to work on their front and back flipping skills should first get approval from the attending instructor. This is a safety measure to make sure students do not over estimate their abilities.
14. **NO SWINGING ON THE ROPES** - The ropes are for climbing only and NOT for swinging.
15. **NO SPINNING ON RINGS WHEN HOLDING ONTO BOTH RINGS** – This twists the cables and can cause strands of the cable to break.
16. **USE CHALK** – When on any bar, the rings or pommel horses use chalk so your hands are not sweaty.
17. **DO NOT HIT EACH OTHER WITH MATS OR EQUIPMENT** – Even play fighting with mats ruins the foam
18. **ALWAYS LEAVE MATS LYING FLAT ON FLOOR** – folding or bending mats causes the foam to crease and break down prematurely.
19. **FLUFF AND FILL THE FOAM IN THE PIT** – Whenever people perform skills into the foam block pit it makes a hole. Pay attention and fill the hole and fluff the pit frequently.