



# Safety In The Gym



## HGC POLICY & PROCEDURES

**\* Jewellery is not allowed to be worn during the classes.**

**\* Suitable clothing is to be worn in the class such as t-shirt leggings/shorts/Leotard etc**

**\* Jeans dresses or skirts are NOT to be worn.**

**\* No shoes are to be worn in the gymnastics hall.**

**\* Hair should be tied back and out of the child's face.**

**\* During any class we ask for parents to stay in the reception area and only enter the gymnastics hall when instructed or given permission too by a member of staff. The only exception for parents to be in the gym is for specific classes i.e. our parent and toddler sessions.**

**\* If the session you are attending is a specific adult and child class, we do ask that the adult is to take a full active part in the class and assist your child around all of the apparatus at all times.**

**\* Children are not to enter the gymnastics hall unattended. If no coach is present then you must keep your children in the reception area under your own supervision.**

**\* No food or drink is allowed to be taken into the gym.**

**\* All children attending a class at Harlow gymnastics MUST be picked up from inside the building. Under no circumstances should children leave this building unattended by the responsible persons picking them up.**

**\* You must report any injury prior to your child starting a class at the club. This will allow us to risk assess the possibility of further damage and decide if it is suitable to take part.**

**\* No photography is to be taken in the gymnastics hall unless given permission by a member of staff.**

**\* Between equipment rotation / toilet breaks and drink breaks etc, all children are expected to walk in straight lines around the equipment, and try to avoid disturbing any other class in progress.**

**\* No children are to move or adjust any equipment unless instructed too by a member of staff.**