



Kindergym Rules and Guidelines

The following rules & guidelines will help to make our classes an enjoyable experience for you and your child.

- Wear comfortable clothing. DO NOT wear jewellery, jeans, buckles and zippers as these can damage the equipment or hurt gymnasts and others
- Please make sure your pockets are empty. Our pit likes to eat mobile phones.
- Children not participating in the class should not slow the movement of the circuit.
- Bare feet is best (toes can grip and socks will slip!)
- Food and drinks are not to be taken onto the gym floor at any time. Please feel free to use our seating area.
- Encourage your child to join in during warm up and group time, take turns and listen to instructions.
- Look before you leap! Watch for safety and clear landing areas.
- Follow equipment safety rules (e.g. one person on the tramp at a time).
- Use lots of encouragement and positive reinforcement.
- Parents and caregivers are responsible for the supervision and safety of their own child – please stay with your child at all times.
- Full attention must be given to the child during class to gain the maximum benefit from our program.
- All children must be accompanied by an adult during the class. If an adult needs to leave the floor, please inform coaches.
- Circuits have been developed especially for under 5's. Adults are encouraged not to play on the equipment.
- Return equipment to its original state after use (e.g. return bean bags to start of station).
- No chewing gum permitted in the gym at any time.
- Always notify administration of any changes to medical details or emergency contact details for your child/ren.
- Participants who are suspected of having a contagious condition (e.g. chicken pox, measles, conjunctivitis, head lice etc) will not be able to participate.
- You are only permitted to take video or photographs of your child.
- No nut products permitted in the gym. Some children are highly allergic.