



Special Safety Considerations for Athletes

Listed below are important safety considerations for the athletes to know and understand. Coaches and instructors should educate and remind athletes of these rules and responsibilities.

Proper Attire

- Hair should be tied away from the face.
- Jewelry of any type should not be worn.
- Girls should wear a gymnastics leotard with no attached skirts.
- Boys should wear a t-shirt tucked into shorts or pants that are not too baggy.
- Socks are unsafe in the gym because they are slippery on the apparatus/equipment, mats and hard floors. Bare feet or gymnastics shoes (i.e., beam shoes) are recommended.

Prior to Class

- Parents should talk to their child about staying in line, listening carefully to the coach/instructor and refraining from any talking or horseplay while in class.
- Plan to arrive 5-10 minutes early for class. Students should wait for the coach/instructor to escort the athletes into the gym.
- Keep all siblings off the equipment and watch for other students running or playing on the equipment.
- All parents should remain in the observation area and not enter the main gym.
- Please take your child to the bathroom BEFORE class! If they have to use the restroom during class, they should notify their instructor. Parents of preschoolers should accompany their child to the restroom.
- Coaches and instructors should educate the students about safety in the gym.

During Class

- Be prepared to participate – physically and mentally. Warm up properly. Let your coach/instructor know of any potential problems, such as injuries, sickness, fatigue or frustrations.
- Be supervised – there must be a coach/instructor present for students to be on the equipment.
- Only one person should be on the equipment at a time.
- There should be absolutely NO HORSEPLAY or running around on the equipment or in the gym.
- Make sure to look around before you cross in front of other groups.
- Athletes should check apparatus and equipment, as well as personal equipment, for proper setting and fit. Report problems to the coach/instructor.
- Communicate clearly with the coach/instructor.
- Use proper skill progressions, master basic skills first before progressing to more difficult skills.

- Know the skills you are performing.
- Commit to the entire skill and follow through.
- Know your personal limitations – do not attempt skills you are not capable of performing.
- Use proper landing technique and safety rolls when falling.

Special Apparatus/Equipment Precautions

BARS

- No hanging on supports.
- Swing in the middle of the rails, not near the sides.
- Never touch the spin locks or cables.
- Remember: You won't fall off unless you let go!

BALANCE BEAM

- Remember: If you feel like falling, jump off!
- Bend your knees upon landing.
- Tell your instructor if you are afraid of the high beam.

TRAMPOLINES

- Always climb on and off the above-ground trampoline, and walk on and off the in-ground trampoline.
- Never stop on or near the springs.
- There should be only one person on the trampoline at a time.
- Always jump and stay in the middle and stay in control while bouncing.
- Do not perform skills you are not capable of – use proper progressions.
- Learn how to “freeze” and stop bouncing.
- NEVER use the trampoline without a coach/instructor present.

TUMBLING TRAMPOLINES

- Don't follow too closely to the student ahead of you.
- Tumble down the middle of the trampoline bed.
- NEVER use the tumbling trampoline without a coach/instructor present.

PITS

- Enter the pit one at a time.
- Use safe landing positions – feet first, middle of the back, “open tuck” or sitting position.
- NEVER land head first or in an arched position on the stomach or chest.
- Enter the pit from solid footing or a stable apparatus.

