

Arizona Olympian Gymnastics

OPEN GYM RULES

Any participant who repeatedly breaks these safety rules, or is disruptive, destructive, or disrespectful, will be asked to take a "time out" or asked to call home to be picked up. Dismissals are without refund.

GENERAL RULES

1. When OPEN GYM is over, participants MUST LEAVE THE GYM AREA & WAIT IN THE LOBBY.
2. For safety reasons, we request waiting INSIDE the facility for pick-up rides!
3. NO GUM, CANDY, FOOD, or DRINKS in the gym area!
4. Please, NO running in the lobby area -- ESPECIALLY FROM THE GYM AREA to the restrooms, drinking fountains, etc.
5. Be respectful and considerate to others and the gymnastics facility and equipment. No throwing mats or other equipment.
6. No hanging on, flipping off of, or climbing on the walls.
7. No jumping/flipping off platforms into the pits.
8. No swearing/foul language, fighting, pushing, or rough housing.
9. One at a time on trampolines.
- 10.No swinging on ropes.
- 11.No swinging, twisting/spinning on rings.
- 12.Stay in the designated areas only.
- 13.Stay OFF/OUT any equipment/areas that has been "roped" off or caution taped.
- 14.Do NOT wander around the grounds, beyond the immediate entrance area of the building and parking lot. The remaining area is private property.
- 15.The tumbling room is OFF LIMITS to all participants EXCEPT AZOG Team members, advanced T & T students, and advanced tumblers WITH A QUALIFIED COACH PRESENT.
- 16.Parents must remain at all times with their children (5 yrs. Old & under)
- 17.Follow these general rules and any other safety rules (implied or otherwise) that may be prescribed as needed by the staff at Arizona Olympian Gymnastics LLC.
- 18.Lockers are OFF LIMITS to all participants EXCEPT AZOG team members

Thank you for your cooperation and support. . .it is appreciated!!!