

**House Rules for**

**Open Gym and Freestyle Sessions**

* Wait quietly upstairs until you are called for the session to start
* **ON THE TRAMPOLINE:** 
  + One person at a time
  + Socks must be worn
  + NO double somersaults
* **Users on the vault run up have the right of way into the pit.** If you are on the trampoline, look over towards this exit before dismounting
* Remember that your biggest danger is collisions
  + Watch your surroundings
  + Do not sit in the foam pit or on landing mats – vacate them as soon as you land
* If you are injured, tell a coach straight away
* Your coaches are here to help you and keep you safe – listen to their instructions and act respectfully
* You are welcome to bring in music to sessions. The coach reserves the right to veto anything that might upset other hall users, and only the coach is allowed to control the music volume
* Please be discreet with your language
* Everybody is to assist with tidying away and participate in cool down to prevent injury
* Do not take anything out of storage or adjust equipment without permission
* No violence, intimidation or other bullying is permitted. Help each other out and make newcomers welcome to the sport
* No wrestling, chasing or horseplay is allowed
* Please leave the centre quietly after your session
* Any Gymnastics done away from the gym is entirely at your own risk
* Breaches of these rules will result in a **Warning**, a **Final Warning** then exclusion from the session without refund. Please refer to our Disciplinary Procedure.

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