



# CHAMFORD GYMNASTICS CLUB RULES

## 1. GYMNASTS ARE NOT ALLOWED IN THE GYM WITHOUT A CHAMFORD COACH SUPERVISING

Gymnasts are to wait on the checker board near the shelves until a Chamford Coach is in the gym and has said it is okay for gymnasts to move onto the floor area. Gymnasts may only be dropped off 5 minutes before class.

## 2. PARENTS & SIBLINGS ARE NOT ALLOWED IN THE GYM AT ANYTIME

Parents and Siblings must wait in the carpeted viewing area while training is on. For safety reasons, only enrolled gymnasts and coaches may be in the gym and on the equipment. Please ask at the Office before entering if parents/siblings need to use the bathrooms.

## 3. ONLY GYMNASTS ENROLLED IN CLASS MAY ENTER THROUGH THE SIDE DOOR

Please enter through the side door, and place shoes, water bottles, and jackets on the shelves. Gymnasts need to wait on the checker board for class to start.

## 4. USE ALL EQUIPMENT CORRECTLY

Use all equipment for its correct purpose.

## 5. NO FOOD OR DRINKS ARE TO BE CONSUMED IN THE GYM

There is to be no food or drinks consumed in the gym.

## 6. THIS GYM IS A NUT-SEED-FREE ZONE

Chamford is a NUT & SEED-free zone. Under no circumstances may nuts be brought into the gym.

## 7. ALL GYMNASTS MUST HAVE A DRINK BOTTLE WHEN TRAINING

All gymnasts attending classes must have a drink bottle at every training session. Bottled water is available for \$2 from the office.

## 8. GYMNASTS MUST WEAR THE CORRECT UNIFORM WHEN TRAINING

All gymnasts must wear the appropriate attire to all training sessions. Please talk to your child's coach if you are unsure. No jeans, jewellery or watches and long hair must be tied back. **Chamford will not take responsibility for lost items.**

## 9. TREAT OTHERS AS YOU WOULD LIKE TO BE TREATED

Use your manners, be thoughtful and polite. Any inappropriate behaviour or language will not be tolerated.

## 10. READ & FOLLOW THE CODES OF BEHAVIOUR

The codes of behaviour can be found on the Gymnastics Victoria Website. They apply to gymnasts, parents, spectators, coaches, and officials.

## 11. HAVE FUN!

Come to the gym to enjoy yourself. When you are here you need to work hard and try your best but remember to do gym for yourself, not just to please your parents or coaches.