



## EAST BAY GYMNASTICS POP 'N PLAY SAFETY GUIDELINES

### GENERAL GUIDELINES

- ALL PARTICIPANTS MUST HAVE A SIGNED LIABILITY WAIVER ON FILE
- PARTICIPANTS SHOULD BE BAREFOOT (CHILDREN), REMOVE ANY JEWELRY & HAVE LONG HAIR TIED UP
- PARENTS MUST STAY WITH & SUPERVISE THEIR CHILD(REN) AT ALL TIMES
- ADULTS ARE NOT ALLOWED ON THE GYMNASTICS EQUIPMENT
- SOME OF OUR EQUIPMENT IS INTENDED FOR OLDER GYMNASTS. PLEASE HELP BY KEEPING SMALL CHILDREN OFF OF THE EQUIPMENT LABELD "TOO TALL FOR POP 'N PLAY"
- ONLY 1 CHILD AT A TIME ON THE EQUIPMENT

### TRAMPOLINE/PIT SAFETY

- 1 CHILD AT A TIME ON THE TRAMPOLINE
- THE TRAMPOLINE IS A "ONE WAY STREET"; ONLY JUMP TOWARD THE PIT
- RUNNING IS NOT ALLOWED ON THE TRAMPOLINE
- WAIT FOR A TEACHER OR ADULT TO GIVE THE ALL CLEAR TO START JUMPING
- JUMP INTO THE PIT LANDING ONLY ON FEET OR BOTTOM; NO LANDING ON HEAD
- PLEASE DO NOT ALLOW CHILDREN TO: DIG HOLES, JUMP ON EACHOTHER OR BURY THEMSELVES IN THE PIT
- WAIT UNTIL THE PIT IS CLEAR BEFORE USING THE ROPE SWING INTO THE PIT