



## EAST BAY GYMNASTICS WORKOUT WEDNESDAY SAFETY GUIDELINES

### GENERAL GUIDELINES

- ALL PARTICIPANTS MUST HAVE A SIGNED LIABILITY WAIVER ON FILE
- APPROPRIATE ATTIRE MUST BE WORN; NO BUTTONS, ZIPPERS OR SNAPS; ½ SHIRTS/CROP TOPS MAY NOT BE WORN
- LONG HAIR MUST BE PULLED BACK; NO JEWELRY MAY BE WORN
- PLEASE ONLY WORK SKILLS YOU HAVE BEEN TRAINED TO PERFORM
- AVOID WORKOUT AREAS WHERE COMPETITIVE TEAM ATHLETES ARE WORKING
- ONLY 1 PERSON 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 DIG HOLES, JUMP ON EACHOTHER OR BURY YOURSELF IN THE PIT
- WAIT UNTIL THE PIT IS CLEAR BEFORE USING THE ROPE SWING INTO THE PIT