



# **BAINBRIDGE ISLAND METROPOLIAN GYMNASTICS PROGRAM OPEN GYM RULES**



1. When you arrive please check in and pay the gym supervisor. You must fill out a waiver prior to any activity in the gym. If you are under 18 years of age a parent must read and sign waiver.
2. Parking is available outside the gym doors or in the High School pit parking lot during the weekend. During the week, please use the pool parking lot only. Parking around the gym is assigned to school district staff members. If you park in these areas your vehicle may be towed. Do not park in front of gymnastics room doors; this blocks the emergency access.
3. Open gym is for children ages 6 to adult with minimum Beginning 1 experience.
4. Wear clothes that do not have zippers or buttons. Shorts, t-shirts, sweats and leotards are all good examples of proper clothing. Please take off all jewelry. Jewelry can be unsafe and may cause injury to you or may damage the equipment.
5. Use only equipment that the gym supervisor sets up and approves for use. No balls may be used for anything other than helping in the aid of learning a skill.
6. One person on the equipment at a time. This includes the tumble tramp.
7. No flipping or doing dive rolls on the tumble tramp unless you have permission from a gym supervisor and he/she is there ready to spot. Go only one direction, towards the floor. Be sure to read all other posted rules for the equipment.
8. No swinging upside down on the rings.
9. Do not climb on the mats or equipment stacked against the wall, this includes walking on the doughnut mat.
10. Walk, don't run. The floor areas are uneven in many parts of the gym due to the mat surfaces; please watch your step and be careful of others as you move around the gymnastics room.
11. Put away any movable equipment you had permission to use.
12. No food or drinks allowed on the gymnastics floor.
13. If you are sick, please do not come to open gym. It will keep unwanted germs out of the gym.

