

SAFETY FIRST

Dear Parents:

Safety is every instructor's top priority in the gymnastics program! We encourage all staff, gymnasts and parents to help in making the gym a safe environment for everyone. In this brochure you will find information on keeping the gym and everyone involved safe!

Rules are set to ensure safety for every gymnast, instructor, and bystander. In order for the gymnastics program to be fun we must have rules. No sport is fun if someone gets hurt! Please make sure your child has a full understanding of all the gym rules.

Please help us create the best learning environment by following these simple guidelines while in our Gymnastics Center.

Thank you,

Becky Bohn
*Gymnastics Program Director
& Head Coach*



TIFFIN COMMUNITY YMCA
180 Summit St
Tiffin, Ohio 44883
P 419.447.8711

tiffinyymca.org



FOR YOUTH DEVELOPMENT®
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GYM SAFETY

KEEPING EVERYONE SAFE
Gymnastics Program
TIFFIN YMCA



We encourage you as a parent to help in every way you can to keep our children safe. Here are some ways you can help out!

- Please remain outside the roped-off/curtain areas at all times. The only exceptions are for those adults participating in the Parent-Tot class.
 - We realize it is a confined area, but have made the decision to use the majority of our available space for gymnastics – the whole reason why you're here today.
- Refrain from distracting your gymnast.
 - It is best for your child if their full attention is on the class and the instructor. While your child is in class, we ask that you wait until the end of class to talk to your gymnast.
- Please refrain from "coaching" your child while they are in class.
 - A parent/bystander who "coaches" their child while in class can lead to interference with the coach-to-gymnast trust relationship, or disruption of other classes, gymnasts and coaches.
 - Overstepping these boundaries can be belittling to the coach in their efforts to do their job well and effectively.
- NO flash photography.
 - Flashes can distract our athletes (especially those performing difficult skills on beam, bars or tumbling).
 - You may take photos of your child as long as other class participants are not in the photo. This is for the safety and privacy of the other participants in the program.



Gymnastics Center Rules for a Safe Environment

NO INSTRUCTOR = NO EQUIPMENT: Make sure your child is not playing on equipment before or after classes; and please keep in mind the carpeted floor is also considered a piece of equipment. Please do not allow young children, not enrolled in classes, to come out onto the gym floor area or play on any matting. Class participants should wait in the bleacher area until they are called by their instructor. ONLY class participants may enter the "gymnastics equipment area."

PROPER CLOTHING: Please make sure your child is dressed appropriately for each class. The best attire for the sport of gymnastics is a leotard or tucked-in shirt and shorts. Close fitting clothing is safe for your child and the coach for spotting skills. If tights are worn, please be sure they are footless. Please, no ballet/dance leotards with skirts, loose clothing, or jeans. Loose clothing can get caught in equipment and make it difficult for the coaches to spot your child. Hair should be pulled back out of the child's face. No jewelry. One pair of post earrings may be worn at gymnast's own risk.

REINFORCE GYM RULES: Before each class go over gym rules to assure your child is fully aware of proper behavior in the gym. Gym rules are for everyone's safety!

PRE-EXISTING INJURY: Parents, please let the instructors know of any new outside injuries (bike wreck, hurt wrist, rolled ankle, etc.) We want to take care not to aggravate the injury.

HELP TO KEEP GYM CLEAN: Please be sure all belongings are safely tucked away in a locker or cubby box while your child is in class. We don't want anyone to trip and fall!

GYM RULES FOR STUDENTS

PLEASE REVIEW THESE RULES WITH YOUR CHILD BEFORE THEIR FIRST CLASS.

- Always have an instructor present before getting on a piece of equipment
- Always keep food, drinks, candy/gum out of the equipment space; only exception is bottled water with your name on it
- Always walk to a piece of equipment
- Always look both ways before crossing any mat
- Safety first, learn gymnastics and most of all, HAVE FUN!!!



Have questions? Please contact Becky Bohn at bbohn@tiffinymca.org or call 419.447.8711