



## **City of Ormond Beach**

### **ORMOND BEACH GYMNASTICS CENTER**

#### **Rules and Regulations**

To participate in this program, your child must be properly registered with the Leisure Services Department, have a current waiver of release and liability signed by a parent on file releasing the City in the event of injury to your child. All fees must be paid before participating in classes.

The City strongly urges that you either have proper insurance coverage for your child or consider adding Recreation Accident insurance coverage, which is available for purchase at the Leisure Services office for a small fee of \$7.00.

The minimum age that we accept into our Gymnastics Program is three (3) years old and the child must be fully potty trained and able to use the restroom unassisted.

As you are aware, gymnastics activities have a certain risk element involved. We try to do everything possible to protect your child. We ask that you help us by reviewing the rules and regulations with your child so they may understand the importance of our safety procedures, rules and regulations.

If you should have any questions, comments or suggestions on ways to improve our program, contact George Postell, Program Coordinator at (386) 676-3282 or Fax him at (386) 615-7036.

#### **Rules Recommended by U.S.A. Gymnastics**

1. Any activity involving motion or height may cause serious accidental injury.
2. Do not use any apparatus without qualified supervision.
3. Use proper conditioning and warm-up exercises before attempting new and or vigorous moves.
4. Attempt new skills in proper progression. Consult your instructor.
5. When attempting a new or difficult skill, a qualified spotter should be used. When in doubt, always use a spotter and check with your instructor first.
6. Dismounts from apparatus require landing techniques. Do not land on head or neck, as serious injury may result. Consult your instructor.
7. Any skill involving the inversion of the body could be dangerous and may cause serious neck or head injury.

## ORMOND BEACH GYMNASTICS CLASS POLICIES & PROCEDURES

Dear Parents and Gymnasts,

We pride ourselves in building character, self-esteem, developing physically fit and skilled gymnasts in a fun, progressional and safe environment. Our program is designed for the success of all tots, beginners, advanced, and competitive gymnasts. For the safety of the gymnasts, we ask that you please review the class policies with your children.

1. **Gymnasts are expected to follow all rules and policies, any gymnasts that are disruptive, or are rude to instructors or classmates will be dismissed from this program immediately.**
2. For the safety of our gymnasts, at no time are visitors or spectators allowed in the Gymnastics Center during regular scheduled class time. For the safety and the privacy of all gymnasts, video taping and/or picture taking is NOT allowed during class time. During the Parents Day show at the end of the session you will be invited to watch your child, at that time you may video and/or take pictures of your child.
3. All gymnasts must be properly potty trained before entering classes, dressed in proper attire in order to participate in class. Girls may wear a leotard of choice, bare legs and feet, hair pulled back out of the face and braided if long. (No sports bras, half tops or shorts are allowed). Boys may dress in regular stretch sports shorts (no zippers or snaps) a plain tee-shirt and bare feet.
4. No jewelry of any kind. We will not be responsible for lost jewelry.
5. Please, no food or drinks on the gym floor or left in lockers at anytime.
6. Gymnastics equipment is never to be used without permission or a qualified instructor to assist.
7. Gymnasts arriving early are to sit quietly in the designated area until their class instructor calls for the class to begin.
8. For the safety of the gymnasts, all gymnasts are to remain in the building at the end of class; parents must come in to pick your child up at the end of class. A written note or call is mandatory if your child is permitted to leave this facility with someone else.
9. Gymnasts walking or biking home, walking to the ball fields, skate park, tennis courts or playground must provide a written note of consent from the parent.
10. **All gymnasts must provide the Gymnastics Center with written permission from their parent giving them permission to leave the Gymnastics Center for snacks, if they need to leave the center without their parent, if they want to leave with someone other than their parent or for any other reason.**
11. **At no time are parents or sibling allowed to spot or assist gymnasts on skills in the Gymnastics Center.**
12. All accidents, even minor ones should be reported to your class instructor.
13. **Parents please respect your class instructors' time, your child must be picked up on time.**
14. Parents of young gymnasts, please be sure that your child is completely potty trained and has tried to use the restroom before class begins.
15. For the safety of all the gymnasts, parents are asked to please remember to sign your child in and out of every class.

*We thank you for taking time to read and explain our policies and procedures to your child so that both of you understand the importance of keeping a safe environment. We place the safety of the children first and foremost. It is a team effort between us all that makes it a successful program.*

**Thank you.**

*George Postell, Head Coach / Program Coordinator &  
All of the Staff at the Ormond Beach Gymnastics Center*

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