

Safety

GYMNASTIC CHAMPIONS THINK SAFETY FIRST

BE PREPARED TO PARTICIPATE BY:

- BEING HEALTHY AND NOT TIRED
- WEARING PROPER CLOTHING AND FOOTWEAR
- HAVING LONG HAIR TIED BACK
- ALWAYS WARMING UP



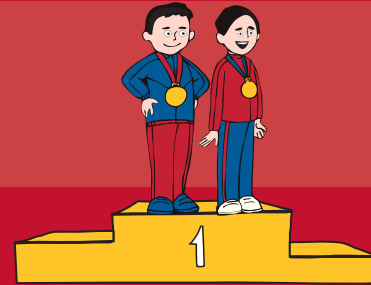
FOLLOW EQUIPMENT AND FACILITY SAFETY PROCEDURES



PARENTS & SPECTATORS MUST STAY IN THEIR DESIGNATED AREA



DOUBLE CHECK EQUIPMENT



KEEP YOUR BODY UNDER CONTROL

UNDERSTAND THE RISK OF THE ACTIVITY



MASTER BASIC SKILLS BEFORE ATTEMPTING MORE ADVANCED

COACH'S PERMISSION REQUIRED TO:

- ENTER GYM
- GO ON EQUIPMENT
- TRY NEW SKILLS
- PERFORM AERIAL INVERSIONS OR FLIPS
- LEAVE THE GYM

COACHING SUPERVISION IS ALWAYS REQUIRED IN THE GYM

PARTICIPATE COOPERATIVELY WITHIN THE LIMITS SET BY THE COACH

BE ALERT AND SAFETY CONSCIOUS

- WATCH WHERE YOU ARE GOING
- WALK DON'T RUN
- WATCH FOR OBSTACLES OR UNEVEN SURFACES
- RESPECT OTHERS' PERFORMANCES - NO DISTRACTIONS

