FLOOR SAFETY RULES

1. The upstairs room is waiting area. All students and siblings are to remain in the waiting area when awaiting for a class.

2. Other than coach specified equipment, no other items are to be taken on the gymnastics flooring.

3. No students are to enter the gym area until instructed by the coaches.

4. No parents/guardians are to enter the gym floor unless participating in Kindergym and a coach is present.

5. No running on the stairs, waiting area or in the gymnasium unless instructed by your coach. (The foam pit area must only be used under the supervision of a coach).

6. Food, chewing gum and drinks are not permitted on the gym floor. *Water is permitted in a secure plastic drink bottle*.

7. All pre-existing or occurring injuries are to be reported to the coach immediately.

8. All students are to inform their coach when they need to leave the group for any reason.

9. Strictly no video/photography allowed at all. (Unless during a Birthday Party).

10. No Parental interference allowed throughout the coaching process during class time. Any concerns are to be discussed with the head coach.

11. Anybody entering the gym will be bound by SHG Terms and Conditions of Club's membership agreement that is available on the website sydneyhillsgymnastics.com.au or on request from reception.

Administration

SYDNEY HILLS GYMNASTICS

UNIFORM REQUIREMENTS

1. Accepted uniform items:

   Girls: shorts, leotards, SHG monkey shirt, form-fitting t-shirt or singlet, leggings.

   Boys: shorts, SHG monkey shirt, singlets, long pants.

2. NO *crop tops*, *long sleeve shirts*, *tracksuit pants or jumpers to be worn in class*.

3. NO skirts, denim, skorts, attached skirts, jumpers or baggy clothing to be worn during class.

4. NO watches, or fitness trackers to be worn.

5. NO headbands, bows, or large bulky clips to be worn.

6. NO Jewellery of any kind (necklaces, bracelets or dangly earrings) to be worn in class.

7. All hair must be up and off students face. Hair must be neat and tidy as it impacts student's ability in class. (Ponytail, braid or buns are acceptable)

Administration