

Top Ten Open Gym Rules!

We have constructed a list of rules for open gym. Please look over these rules so you understand how open gym is run. Waivers must be signed in order to participate.

10

Remain in the gym and ask for permission to use the bathroom or get a drink.

9

No wrestling or fighting.
No foul language.

8

Leotards or Gym clothes REQUIRED. No jeans, zippers, belts, or street clothes will be permitted. Take your socks off so they don't get lost in the pit. If you have warts on your feet, they need to be taped before entering the gym.

SHIRTS MUST BE WORN AT ALL TIMES.

7

No running or flipping up the mats on the walls or slamming yourself or others into them.

6

Don't abuse the equipment. Stay off the exercise balls.
Do not use the strap bar unless you have the coach's permission.

5

Only one person is allowed on the trampoline at a time.

4

No electronic devices or cell phones allowed in the gym area.

3

When going across the gym DO NOT run in front of people.
WALK to places, DO NOT RUN, please.
When jumping into the pits, please look before you jump.

2

Treat the coaches with respect. Do not talk back to them.

1

HAVE FUN!!!

If you fail to follow the rules, the coaches may sit you out, contact your parents, or ask you to leave. There will be no refunds for inappropriate behavior. We expect good behavior so no one gets hurt and everyone has FUN! Thanks

HGA Open Gym Staff