

# Open Gym Rules and Policies

I have read and understand all the procedures for APEX 2021-2022 open gym season. I also agree to follow all rules and expectations listed below and understand that I may be removed without reason, from open gym participation at any time and with no prior warning.

1. Open Gym is currently only for children 6 and up because of Covid.
2. All students must have a current waiver form on file prior to participating in open gym.
3. Open gym is not instructional – coaches may not spot you.
4. When jumping into the pit, jump onto your feet.
5. Ask a coach's permission to flip into pit.
6. Everyone must participate in the warm up and listen to the rules of open gym!
7. No "kicking others out" of an area you want to use.
8. No gum chewing, No jewelry, No socks or shoes
9. Wear appropriate clothing so as not to damage equipment (rubbing or scratching of buttons or snaps on equipment)
10. Any activity that is deemed harmful to our equipment, to another person in close proximity to your activity, or may be harmful to yourself will be stopped immediately.
11. There will be a 5 min. pick up at the end of open gym for returning mats where they belong.
12. ALL STUDENTS MUST BE PICKED UP WITHIN 5 MIN OF OPEN GYM ENDING OR A BABYSITTING FEE WILL BE CHARGED!
13. The back gym is off limits. Team and high school gymnasts may retrieve grips or personal items from lockers.

**Trampoline Rules:** Trampolines are to be used appropriately. One person on the trampoline at a time. Tricks performed must be consistently performed safely and under control. APEX staff may eliminate specific tricks and movements at any time.