



Let's Talk Safety in the Gym

Here at Byrd's Dance & Gymnastics, we strive to teach your children gymnastics in a fun, and safe environment. But, there are some things that you can help with, too. We'll talk to the children daily about staying safe, but we also want you to talk to them if you see things they are doing that look unsafe. Children are our world's greatest asset. We all should work to keep them safe.

Listed below are some particular things we want the children to think about. Three or four times during the year we set aside a few minutes to remind them of these rules. Please read these to your children.

I. Proper Attire

- A. Wearing the correct clothes is a safety rule.
- B. All girls must have their hair tied away from their face with no dangling earrings and no necklaces.
- C. All girls should wear a body leotard with no attached skirts, and bare feet or ballet shoes. Footless tights are acceptable.
- D. All boys should wear a T-shirt tucked into stretch shorts or pants, and bare feet.
- E. No tennis shoes are to be worn.

II. Before Class

- A. Talk to your child at home about staying in line, not talking in class and listening carefully to the instructor.
- B. Keep all siblings who are not in a class, out of the gym and off the equipment.
- C. All parents are required to stay in the observation area of the lobby.
- D. Tell your child to tell the teacher if they have to go to the bathroom (parents should accompany the child to the bathroom if possible).
MOMS and DADS... Take your child to the bathroom before class!

III. During Class

- A. There must be an instructor present to be on the equipment.
- B. Absolutely no horseplay or running, around or near the equipment.
- C. Only one person on the equipment at a time.
- D. No gum chewing – it is a choking hazard. No food in the gym.

IV. After Class

- A. Make sure you have all of your belongings when you leave the gym.
- B. When your class is finished and you leave the gym, do not re-enter the gym without an instructor's permission.
- C. Always wait for your ride inside the lobby. Do not wait outside the building.

V. Special Equipment Precautions

- A. Bars -
 1. No hanging on supports.
 2. Swing in the middle of the rails, not the ends.
 3. Never touch the spin locks or cables.
 4. Remember, "You won't fall off unless you let go!"

- B. Beam -
 1. Remember, "If you feel like falling...jump off."
 2. Bend knees on landing.
 3. Tell the instructor if you're afraid of the high beam.

- C. Tumble-Trak
 1. Always approach from the short side.
 2. Never step on or near the springs.
 3. Only one person on the tramp at a time.
 4. Tumble or jump down the middle of the trampoline bed.
 5. Never go on without a teacher present.

- D. Pit
 1. Only one person in the pit at a time.
 2. Do not remove or throw the foam cubes.
 3. Do not tear or destroy the foam cubes.

VI. Warning of Risk to Participant & Insurance

Byrd's Dance & Gymnastics, Inc. is not responsible for providing medical accident injury insurance on students. Parents are advised to provide adequate accident and medical insurance for the child enrolled in classes at Byrd's Dance & Gymnastics, Inc. This company shall not be held responsible for treatment or losses due to participation in activities before, during or after classes or due to activity connected with the center.

Please be advised that any activity involving motion or height creates the possibility of accidental injury. Parents and participants should be aware that injury is possible in connection with this or any athletic activity.

Parents assume all responsibility for any injury due to participation in this activity.