



**BRAZEAU  
GYMNASTICS CLUB**

# **BRAZEAU GYMNASTICS CLUB OPEN GYM RULES**

General drop in rules to keep everyone safe and happy

1. All ages are welcome with parent or guardian supervision. The parent/guardian is required to be in the gym supervising their child(ren) during the entirety of drop in.
2. Maximum of 3 children per supervising adult (parent or guardian).
3. No flips! This includes handsprings, front and back tucks etc. We ask that all athletes (competitive or not) respect this rule.
4. Please respect the coaches, equipment and other participants. No swearing or offensive language.
5. No food, gum, belts, jewelry, (watches, dangling earrings, necklaces, chains or rings) or shoes allowed in the gym.
6. Alberta Gymnastics Federation (AGF) has mandated all Gymnastics Clubs of Alberta to abide by this policy. No children will be allowed on the gymnastics floor in slings or carriers, car seats, or unattended in strollers.
7. The supervising coach has final authority on all matters and has the right to remove participants without a refund or question for inappropriate behavior in the gym.
8. Pre-registration is required by 9:00 am the day of open gym. To keep everyone safe, there are a maximum number of participants allowed in the gym at one time.
9. There is a \$15 AGF fee that covers insurance that must be purchased prior to participation and all participants on the gym floor are required to fill out a waiver prior to participating in any open gym.
10. Coaches will select what equipment from the shelves and bins in the gym will be available to participants to use during open gym. Only coaches will be allowed to remove bins from the shelves.