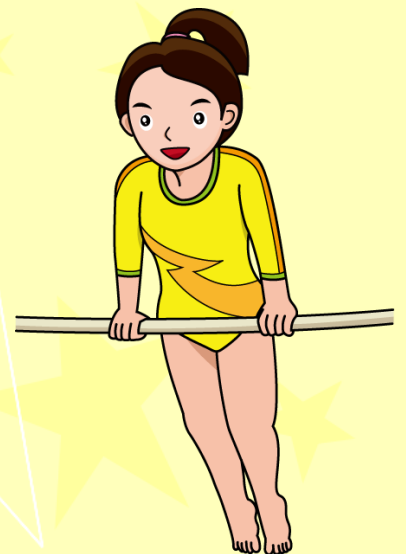


All members shall reflect **honesty, good sportsmanship, courtesy, and respect towards others.**

### General Gym Rules:

1. Wait for your coach to call you and your group to come into the gym. Do not enter the gym when your coach is not present.
2. Greet your coach.
3. Get your coach's permission to go on the equipment.
4. Do safe gymnastics. Safety is the priority at all times.
5. Get permission to do inversions (flips).
6. Walk from event to event, never walk across landing mats and always walk around the edge of the floor.
7. Attire: All members are expected to come in appropriate gym attire: no loose clothing, body suit or yoga type clothing recommended, hair tied back and out of face and no jewelry with the exception of stud earrings.
8. No chewing gum.
9. No running in the gym.
10. Wash your hands before and after eating.
11. Ask permission to leave the gym, go to the washroom or get a drink, so your coach knows where you are.
12. Do not be a distraction to others. Wait patiently for your turn and you will be rewarded with the coach's full attention.



**Have fun!**