

## CODE OF CONDUCT POLICY – Party Guest

The Code of Conduct herein shall address and include all party guests and visitors of all ages, in addition to the **Club Code of Conduct**.

Thank you for being part of our club and partying with us. As Adrenaline Gymnastics guests and visitors, you will enjoy one hour of structured gymnastics in the gym, going from event to event and one hour in the party room to continue your celebration. The coaches, alongside staff, will do everything we can to make sure you have a positive gymnastics experience.

### Things to remember:

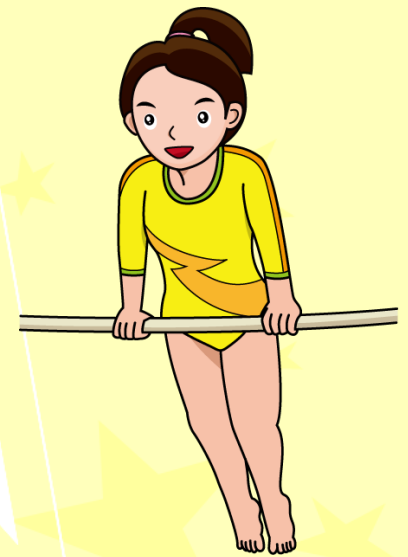
There may be other classes/training groups during your party time. It is important to respect the gym space and the club's athletes and to follow the direction of your party coach(es).

If you have previous gymnastics experience or are a current member of one of our programs, please do not "show off" your skills as it may discourage some of your guests to try what may be challenging and rewarding skills for them.

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

### General Gym Rules:

- Do not enter the gym until your coach has called your group.
- Greet your coach and follow her to the event along the perimeters of the equipment.
- Get your coach's permission to go on the equipment.
- Do safe gymnastics. Safety is the priority at all times.
- Get permission to do inversions (flips).
- Walk from event to event, never walk across landing mats and always walk around the edge of the floor.
- No running in the gym.
- **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.
- No chewing gum.
- Wash your hands before and after eating.
- Ask permission to leave the gym, go to the washroom or get a drink, so your coach knows where you are.
- 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!**