



MT. TAUHARA Gymnastics

Rules of the Gymnasium

In the Gym

- A leotard or close fitting clothing (shorts and t-shirt) are best for gymnastics. Clothes should not have buckles, buttons or zips that are exposed which could get caught or injure students.
- Dresses, skirts, baggy clothing or beach shorts are not suitable for gymnastics.
- Please no shoes. Bare feet are best for learning gymnastics.
- Long hair **MUST** be tied up at all times.
- Parents accompanying Play Gym / Mini Gym children must be dressed in a manner appropriate for active participation.
- Please ensure that you come ready for class, you have used the bathroom and please bring a water bottle.

Health and Safety

The Gymnasium is busy with multiple apparatus being used at one time. Coaches are responsible to manage spaces and equipment to minimize risk to staff and gymnasts. However, it is important that the Health and Safety rules of the club are adhered to at all times:

- It is the parent's responsibility to supervise the child at all times in the carpark.
- No gymnast is to leave the building unless under the supervision of an adult or care giver.
- All gymnasts must wait inside the building to be picked up after class.
- No gymnast is to use any gym equipment unless under the supervision of a coach.
- If a student is for any reason, asked to take time out of class for behaviour reasons, they will be asked to sit out all or part of the session in a safe location where they can be seen by the coach.

Parents and Caregivers

- No Parents or Caregivers are allowed to step in the gym floor mats at any time. Babies and crawlers are the responsibility of the parent or caregiver.
- Do not stand on any mats while class is on-going, please proceed and follow the floor lines / directions to the seating area.
- Ensure that noise is kept to a minimum - you are in a learning environment.
- Do not encourage children to come into the seating area, this may take away from important instructions given by coaches and may hinder your child's learning.
- For safety reasons, non-enrolled children must remain off the gym floor.
- Parent interaction with the coach during the session is not permitted, please wait until after the class, or see the Centre Manager in the office.
- No food or drink allowed, please use kitchen area and use bins provided accordingly.
- No photography is permitted at any time.
- If you feel that you are unable to follow these regulations, please be seated in the hallway.

If these rules are not followed in any circumstance, the parent will be asked to wait outside until the end of the session.

Injuries and First Aid

Injury can occur during gymnastics. It is a high-risk sport. Coaches use their discretion to determine the difference between a minor and major incident when administering First Aid.

- In the case of a minor injury, the coach will take the appropriate First Aid response. After a short rest, the gymnast will continue training.
- In the unlikely event of a medical emergency, First Aid will be administered, including requesting an ambulance if needed.
- If the parent/caregiver is not in the gym when the injury occurs, you will be contacted using the emergency contact information we have on file for you. Your instructions will be followed from that point on.
- In the event we are unable to make contact with any parent/caregiver, we will make arrangements to travel to the Accident and Emergency centre closest to MTG (Taupo/Rotorua Hospital).
- An MTG Staff member will remain with the gymnast until the parent/caregiver has arrived and been fully briefed.

Caring for the Gymnasium

- Gymnasts, parents and visitors are expected to respect the club equipment and environment. There is no eating permitted in the gymnasium.
- Water can be consumed only near storage lockers.
- In the case of Play Gym / Mini Gym families or visitors, pushchairs and prams are to be left in the Hallway or waiting room.
- Clothes should not have buckles, buttons or zips that are exposed which could tear the mats or flooring.

Health Considerations

- Please keep children who are ill or contagious home until they have recovered.
- Discourage children from putting equipment into their mouths.
- Caregivers are expected to notify the club if a child has a health or physical condition that may require special care or treatment.