



## **GAGE CENTER**

### **OPEN GYM RULES**

- **Participants must have an Open Gym wristband to attend**
- **Participants must have a release waiver on file to attend**
- **Participants are expected to keep their hands, feet, and all other objects to themselves at all times**
- **Participants are expected to share/take turns using all equipment and apparatus'**
- **Participants must wear appropriate athletic attire**
- **Athletes must respect the equipment and other participants**
- **Equipment is to be used for skill practice only**
- **Only one at a time on the trampolines**
- **Use of high bars prohibited unless given coach's consent**
- **This is a designated practice time only - no TAG, hide and seek, fort building etc.**
- **Athlete belongings and shoes must be put in a cubby before entering the gym (cheer shoes are allowed)**
- **No double flips - forwards or backwards**
- **No food, drinks, or gum permitted in the gym**
- **No foul language or gestures**
- **No burying yourself or others in the foam pit**
- **No adults allowed in the gym**
- **Participants who do not follow the rules will be sent to sit in the lobby and parents will be called to pick them up — no refund!**