

**Gryphon**



EST. 2020

**Gymnastics**

**SAFETY RULES**

*Gryphon Gymnastics is committed to ensuring the safety of your child. If you have any questions about the rules listed below, do not hesitate to ask.*

## GENERAL RULES

***Safety rules must be followed by students, caregivers, and siblings.  
Caregivers must make students aware of the rules of the gym and insist  
that students follow the safety rules and teachers instructions.***

- All parents/guardians must sign a Safety Waiver before participation in any program
- Only registered students and caregivers are allowed on the gym floor or in the dance studio.
- No student is allowed on the gym floor or in the dance studio without an instructor present.
- Classes labeled "independent" are designed for students to take on their own; parents are not allowed on the gym floor or in the studio for these classes. Parents are only allowed on the gym floor or in the dance studio as part of a Child/Caregiver class or Open Gym.
- For the safety of our students, flash photography is prohibited during all programs.
- Practicing skills in the lobby is strictly prohibited.
- Siblings and peer guests of students must be directly supervised by a caregiver—we encourage the use of quiet activities or light snacks to keep away "the wiggles."
- Students are not allowed outside the building alone; all students must be directly supervised by a caregiver while outside.
- No glass (bottles or otherwise) is allowed in the building.
- Please secure your valuables; Gryphon is not responsible for lost or stolen items.
- Smoking and/or vaping is not allowed anywhere in or in front of the building.
- Gym staff have the ultimate decision on interpretation and enforcement of gym rules and policies. Gryphon Gymnastics reserves the right to limit the use of this facility to anyone deemed to be a threat to the safety of our students or staff; this includes participants, caregivers, and visitors.

# CLASS RULES

## *Prior to Class*

- Please arrive on time for class. **Students arriving more than 10 minutes late will not be admitted to class.**
- Please make sure your child is in compliance of dress code before class starts.
- Any cut, gash, or bleeding scrape **must** be bandaged appropriately before class to avoid equipment contamination.
- Gryphon has a "Never call their bluff" policy when it comes to a student saying s/he needs to use the restroom during class. Please have your child use the restroom before class to avoid a mass exodus during class.
- Please make the staff aware of any physical, emotional, or social problems that your child may be having before class.
- **Do not bring your child to class if in the last 24 hours they:**
  - had a fever
  - have thrown up
  - have an uncontrollable runny nose
  - experienced a head or neck injury
  - injured themselves seriously enough that they were unable to participate in school or other regularly scheduled activities
  - been put on a medication which may affect their coordination
  - find out they have come in contact with someone who has tested positive for COVID-19
- Gryphon Gymnastics instructors and staff reserve the right to dismiss a child from that day's class if they feel the child is too ill or injured to participate.

## *During Class*

- All students must keep their hands, feet, and bodies to themselves; no wrestling, tackling, fighting or roughhousing is allowed. **Violence towards other students or instructors is cause for immediate dismissal from class that day, and repeated instances may result in dismissal from the class itself.**
- Students may not leave their class without instructor permission. This includes restroom, water, and lobby trips. Repeated noncompliance with this rule may result in dismissal from class that day.

- Instructors reserve the right to dismiss a student from that day's class for **repeated** unsafe behavior. Examples of unsafe behavior include (but are not limited to)
  - purposefully falling down
  - purposefully crashing into walls or equipment
  - running away from the group or instructor
  - landing on any body parts other than the feet while dismounting or jumping
  - repeated mask removal and/or ignoring social distancing guidelines.
- Students should report any injury or unusual pain during participation to the instructor immediately.
- Do not get on equipment without instructor permission; always use equipment as directed.
- Do not walk under any equipment while someone else is using it, especially trampolines.
- Never try a new skill without direct supervision.

### ***After Class***

- Please stick around; after class the instructor will give a summary of what was done, give announcements, discuss future special events, and be available for any questions or comments you may have.
- Please inform staff or your instructor if you know you will be missing a future class; your spot can be opened up as a makeup for another student.

### **DRESS CODE**

- Jewelry is prohibited in both gymnastics and dance classes. Exceptions include medical ID tags/bracelets and stud earrings.
- Hair that goes past the ears must be secured away from the face. Hair longer than the chin must be in a ponytail. Hair at or past the shoulders must be in a bun. If you need a hair tie please let staff know, we've got plenty!
- Hands, feet, and face should be clean and nails trimmed.

***Gymnastics:*** Students may wear a leotard, biketard or a T-shirt and athletic shorts/pants. Basically, anything form fitting that allows for movement and covers the body.

**NO JEANS, DRESS SHIRTS, CROP TOPS, OR DRESSES OF ANY KIND**

Advanced gymnastics classes must wear leotards with shorts/leggings or biketards. This is for the safety of the student & instructor and provides clean lines for corrections and adjustments. No crop tops are allowed; this is for the gymnasts' safety.

***Dancers under 6:*** Students may wear anything that allows for movement. Loose skirts and dresses that allow for movement are okay as long as pants are worn underneath. Feet must be bare or in slippers—socks or tights on the dance floor are a slipping hazard. Tap shoes are required for tap class.

**NO COSTUME DRESSES (i.e. dress-up princess costumes), JEANS, OR CROP TOPS.**

***Dancers over 6:*** Students must wear black leotard, black tights, and black ballet slippers. This is for the safety of the student and instructor and provides clean lines for corrections.

## COVID-19 PRECAUTIONS

### ***What GG Will Do***

- Staff & instructors will remain masked at all times.
- Instructors will wash hands before & after each class; sanitize during each break and between rotations
- Our garage door will be opened as much as possible to encourage air flow; a HEPA air filter will run at all times.
- Equipment, bathrooms, and lobby will be wiped down between each class and at the end of each day
- For more information on the products we use for sanitizing, please see the office manager

### ***What You Can Do***

- Please do not bring your child if anyone they have been in contact with is displaying symptoms of COVID
- Everyone 3 years and older is **required** to wear a mask. Students under 3 are encouraged to wear masks.
- Masks must be on the entire time; masks cannot be hung around the neck or under the nose.
- Students will be required to have their temperature taken upon entering the building, sanitize hands before class, and sanitize hands upon returning to the gym from the lobby/water breaks

PLEASE INITIAL NEXT TO THE KEY POINTS STATED ABOVE

I, \_\_\_\_\_ understand that:

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\_\_\_\_\_ if I arrive **10+ minutes** late to class my child will not be admitted.

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\_\_\_\_\_ everyone in my party is expected to wear a mask while entering the building and waiting in the lobby. Students aged 3+ are required to wear masks, students under 3 are encouraged to wear masks.

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\_\_\_\_\_ parent observation will not be allowed in Independent classes for the Spring sessions.

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\_\_\_\_\_ if I register my child for a class labeled **"Caregiver/Child,"** whomever brings my child to class will be expected to remain masked & participate in class

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\_\_\_\_\_ if I register for a class labeled **"Independent,"** my child will be expected to take class by him/herself

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\_\_\_\_\_ violence towards other students or instructors is cause for immediate dismissal from class that day, and repeated instances may result in dismissal from the class itself.

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\_\_\_\_\_ repeated unsafe behavior is cause for dismissal from class that day, and repeated instances may result in dismissal from the class itself.

