

Gryphon



EST. 2020

Gymnastics

SAFETY HANDBOOK

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 guardians 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/dance studio during these classes. Caregivers are only allowed on the gym floor/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.
- 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 10+ minutes late will not be admitted to class.**
- Please make sure your child is in compliance with 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 asking to use the restroom–no matter how many times they ask. . Please have the student use the restroom before class so they don't miss any activities.
- 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:**
 - have had a fever or thrown up
 - have a persistent cough
 - have missed school or other scheduled activities due to sickness or injury
 - have 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 or threats of violence towards other students or instructors is cause for immediate dismissal from that day's class, 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 that day's class. A student who tries to leave the building will be immediately dismissed from class.

- 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
 - ignoring social distancing guidelines.
- Students should report any injury or unusual pain during participation to the instructor immediately.
- Students may not get on equipment without instructor permission, and use equipment as directed.
- Students may not go underneath any equipment while someone else is using it.
- Students may not try a new skill without direct supervision.

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.
- Grade school students are not allowed to leave the building after class without showing an instructor their guardian. **Guardians are not allowed to wait in the car for pickup**—an instructor needs to see your face in order to dismiss the student from the building. Students are not allowed to cross the parking lot without direct supervision.

Absences & Makeups

- 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.
- You are entitled to **one makeup per month**. Makeup classes expire at the end of your last month or April 17th, 2023 – whichever comes first.
- We only keep two spots open for makeups in each class to avoid overcrowding. You may not get your first choice of makeup if those spots are taken.
- We do not offer refunds for any reason, including missed classes.

DRESS CODE

- Jewelry is **prohibited** in both gymnastics and dance classes—friendship bracelets included. Exceptions include medical ID tags/bracelets and stud earrings.
- **For independent classes, hair that goes past the ears must be secured away from the face; this includes long bangs & “wispsies.”** Hair longer than the chin must be in a ponytail, braid, or bun. Hair past the shoulder blades must be in a braid or bun.
- Hands, feet, and face should be clean and nails trimmed. This is for the safety of instructors and to preserve the equipment.

Gymnastics: While Gryphon strongly prefers leotards or biketards, a form fitting, tucked in shirt and athletic shorts/pants are acceptable.

NO JEANS, DRESS SHIRTS, CROP TOPS, BAGGY T-SHIRTS, OR DRESSES

Please keep possible clothing difficulties in mind when you dress your 3-5 year old. It may prove too difficult to get a leotard on/off without help. We suggest practicing at home before you come to class, or wearing shorts until they can manage a leotard.

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.

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. We prefer bare feet, but ballet slippers are acceptable. 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 uniformity & clean lines for corrections.

COVID-19 PRECAUTIONS

What GG Will Do

- Staff and instructors are fully vaccinated.
- Instructors will wash hands before & after each class; sanitize hands during breaks
- Students will sanitize hands before class, and sanitize hands upon returning to the gym from the lobby/water breaks
- Our garage door will be opened as much as possible to encourage air flow; a HEPA air filter and numerous box fans will run at all times.
- Equipment, bathrooms, and lobby are cleaned daily
- The gym is professionally cleaned weekly.

What You Can Do

- Please do not bring your child if anyone they have been in contact with is displaying symptoms of COVID. **Students who are dismissed from class due to signs of sickness will not be entitled to a makeup.** Please stay home and we will be happy to schedule you a make-up.
- We prefer that you wait to enter the building until 5 minutes before class begins.
- Masks are optional for fully vaccinated individuals & strongly encouraged for unvaccinated individuals.

