



PERFECT STORM ATHLETICS GYM RULES

1. Use of the equipment (including trampoline, Tumbl Trak, climbing ropes, blocks, etc) is strictly forbidden without the proper supervision of a qualified Perfect Storm Athletics coach.
2. The Supervising Coach is in charge. The Supervising Coach has the authority to refuse or expel anyone from the gym.
3. Horseplay, rude behavior, shouting, swearing and bullying is not tolerated.
4. Open Gym is for ages 7 and up. Participants need to be able to train safely and independently without parental guidance.
5. Parents, family members and visitors are not allowed past the "purple line" in the parent viewing area unless with the advanced permission / direction of a gym owner or Supervising Coach.
6. All accidents/incidents must be immediately reported to the Supervising Coach or gym owner.
7. All equipment must be returned to its original place by the user.
8. One person at a time on the trampoline.
9. No flips or head-first or prone entries into the pit (no head or prone falls). Feet-first only.
10. Any skill which is unfamiliar to a participant must not be performed without supervision by a certified coach.
11. There shall be no spotting of skills unless done so by a coach certified at the level of the skill(s).
12. The gym is an indoor shoes only facility. Athletes/participants, parents & visitors are all required to take their footwear off upon entering the facilities & place them on the boot-racks in the lobby. Appropriate indoor gym shoes only are allowed in the gym.
13. Smoking, drugs, and alcohol are strictly prohibited. Anyone appearing to be under the influence will be immediately removed from the gym.
14. Jewelry and piercings of any kind are not allowed in cheer team practices or classes. Wearing of any piercing at open gym is done so at the sole risk of the Participant.
15. Long hair must be tied back.
16. No jeans or ripped pieces of clothing allowed while participating in activities.
17. No gum, candy, food or drink (except water) allowed past the viewing area.
18. When and if required, the Supervising Coach will implement the Emergency policy and procedures.
19. No loose objects or equipment (balls, hoops, etc.) allowed on trampoline.
20. Proper equipment set-up and safety mats must be in place at all times for all skills at all levels.
21. Perfect Storm Athletics has a nut allergy alert in effect. Nut products are not allowed.

22. Perfect Storm Athletics is not responsible for lost or stolen property. Look for lost items in our Lost & Found bin, located in the parent viewing area. Valuables should be left at home.
23. Bullying, Harassment and Sexual Misconduct: Perfect Storm Athletics prides itself in creating a positive and safe environment for all athletes and treats all incidents relating to behaviour of this nature very seriously. We encourage all athletes and families to speak with gym management immediately upon experiencing any behaviour by an athlete, coach or other family member that may be construed as bullying, harassment or sexual misconduct. We will investigate in a sensitive and confidential manner, respectful for all concerned.
24. No athletes or parents will post any negative comments related to Perfect Storm Athletics or any other team/gym on any social media. This includes the posting of photos or videos that may reflect poorly on the individual, team, or gym.
25. The Perfect Storm logo, gym name, or team names may not be used in the production and/or sale of any merchandise.
26. Inability or refusal to follow these and other coach directives and rules will result in immediate expulsion from the gym.

A waiver must be completed before anyone is allowed to participate in any activity at Perfect Storm Athletics. The waiver form is an on-line form and can be found on our website at www.perfectstormathletics.com.