



Special Safety Considerations for Participants

Listed below are important safety considerations for the participants to know and understand. Parents and instructors should educate and remind athletes of these rules and responsibilities. It is recommended to review them with your students periodically throughout the class.

Proper Attire

- Hair should be tied away from the face
- No jewelry of any type should be worn.
- Girls should wear a gymnastics leotard with no attached skirts. Girls may also wear pants and a t-shirt, as long as they are not too baggy.
- Boys should wear a t-shirt tucked into shorts or pants that are not too baggy.
- Socks are unsafe in the gym because they are slippery on the apparatus/equipment, mats, and hard floors. Bare feet or gymnastics shoes (i.e., beam shoes) are recommended.

Prior to Class

- Parents should talk to their child about staying in line, listening carefully to the coach/instructor and refraining from any talking or horseplay while in class.
- Plan to arrive 5-10 minutes early for class. Students should wait for the coach/instructor to begin class.
- Keep all siblings off the equipment and watch for other students running or playing on the equipment.
- Parents must keep all siblings from disrupting class.
- All parents are encouraged to observe the class.
- Parent/child & some preschool classes may require adult participation.
- Please take your child to the restroom BEFORE class begins. If they have to use the restroom during class, they should notify their instructor. Parents will accompany their child to the restroom.
- Be hydrated! Have child get a drink prior to, and following, class.
- Coaches and instructors should educate the students about safety in the gym.

During Class

- Be prepared to participate - physically and mentally. Warm up properly. Let your coach/instructor know of any potential problems such as injuries, sickness, fatigue or frustrations.
- Be supervised - there must be a coach/instructor present for students to be on the equipment.
- Only one person will be on the equipment at a time.
- There should be absolutely NO HORSEPLAY or running around on the equipment.
- Make sure to look around before you cross in front of other groups.
- Communicate clearly with the coach/instructor.
- Use proper skill progressions, master basic skills first before progressing to more difficult skills.
- Know the skills you are performing.
- Commit to the entire skill and follow through.
- Know your personal limitations – do not attempt skills you are not capable of performing.
- Use proper landing technique and safety rolls when falling.

Special Apparatus/Equipment Precautions

Bars

- ★ No hanging on supports.
- ★ Swing in the middle of the rails, not near the sides.
- ★ Never touch the spin locks or cables.
- ★ Remember: You won't fall off unless you let go!

Beam

- ★ Remember: If you feel like falling, jump off!
- ★ Bend your knees upon landing.
- ★ Tell your instructor if you are afraid of the high beam.

Trampolines

- ★ Always climb on and off the trampoline.
- ★ Never stop on or near the springs.
- ★ There should be only one person on the trampoline at a time.
- ★ Always jump and stay in the middle and stay in control while bouncing.
- ★ Do not perform skills you are not capable of – use proper progressions.
- ★ Learn how to “freeze” and stop bouncing.
- ★ NEVER use the trampoline without a coach/instructor present.

Tumbling Trampolines

- ★ Don't follow too closely to the student ahead of you.
- ★ Tumble down the middle of the trampoline bed.
- ★ NEVER use the tumbling trampoline without a coach/instructor present.



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