



OPEN GYM RULES

Stay on events that a coach has “opened” and is stationed at.

No food, drinks, gum or candy out on gym floor.

No disrespect to coaches, staff, or other gymnasts.

No running across the floor or from event to event.

Always choose the safest path.

Be aware of your surroundings.

Do not interfere with classes or teams in the gym.

Take turns and share equipment.

Do not use or dump chalk.

No jumping to the high bar unless you’re in Flairs or on a team and with a coach.

No flipping unless you ask a coach are skill tested and approved.

Do not work on new skills at open gym unless you ask a coach for help.

If you get hurt, tell a coach immediately.

Rings and ropes must remain stationary – no swinging.

Only one person on a trampoline at one time.

Have fun!! 😊