

## **SESSION RULES: ADULT GYM (14+ years)**

**OUR CUSTOMERS' WELLBEING AND SAFETY IS OUR TOP PRIORITY.  
BY ATTENDING ONE OF OUR SESSIONS, YOU CONFIRM THAT YOU HAVE READ, UNDERSTOOD AND AGREE TO  
COMPLY WITH THE FOLLOWING RULES, TERMS AND CONDITIONS.**

### **ARRIVING & SIGNING IN**

- Upon arrival, please sign in or pay for your session at reception
- Do not enter the gymnastics hall until a member of staff lets the session in

### **STORAGE OF PERSONAL BELONGINGS**

- No outdoor footwear is permitted within the gymnastics hall
- Personal belongings can be stored in the wooden duckets within the gymnastics hall
- Please keep your personal belongings safe; South Durham Gymnastics does not accept liability for any loss, theft, or damage to personal belongings, whether stored or left unattended on the premises

### **CLOTHING & JEWELLERY**

- Long hair must be tied back
- Suitable clothing must be worn at all times – no denim, combat trousers or clothing with loose parts
- All jewellery must be removed before going onto the apparatus

### **SKILLS & SAFETY**

- Only attempt skills/participate in activities that are suitable for your own ability and experience
- No double or triple somersaults
- No excessive swinging on the rings
- Please ask a coach for advice/help before attempting a new skill
- Certain skills may be restricted or prohibited due to insurance limitations and coaching qualifications. Participants must follow all coach instructions at all times
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### **TRAMPOLINES**

- One person on the trampoline at a time
- Socks must be worn when on the trampoline
- Supervision may be required for specific trampoline activities, as directed by staff

### **FOOD & DRINK**

- No food or drink is permitted in the gym

### **ETIQUETTE**

- Foul language, inappropriate gestures or behaviour will not be tolerated
- Please be courteous of the other participants, especially if the gym is busy

### **RAISING CONCERNS**

- Two coaches are present throughout Adult Gym if assistance is required

### **FINAL NOTE**

- While we have taken all reasonable steps to ensure your safety, participation in gymnastics activities involves inherent risks. By entering the session, you acknowledge and accept these risks. South Durham Gymnastics accepts no liability for injuries or accidents that occur due to misuse of equipment or failure to follow safety guidance
- If you do not agree with this notice fully, you should not enter the session
- South Durham Gymnastics reserve the right to remove anyone from the session who is not adhering to the rules