

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

OUR CUSTOMERS' WELLBEING AND SAFETY IS OUR TOP PRIORITY.
BY ATTENDING ONE OF OUR SESSIONS, YOU AGREE TO THE RULES, TERMS AND CONDITIONS SET OUT BELOW

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 do not accept responsibility for the loss or damage to any personal belongings 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
- Please accept some skills will not be allowed due to insurance and qualification reasons

TRAMPOLINES

- One person on the trampoline at a time
- Socks must be worn when on the trampoline

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

- Whilst we have tried to make your visit with us as safe as possible, you enter and use our facilities at your own risk
- 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