

## SESSION RULES:

### BABY & TODDLER GYM; FAMILY PLAY; SPORTSABILITY

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 RULES, TERMS AND CONDITIONS OUTLINED 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
- No pushchairs or prams are permitted within the gymnastics hall – they must remain in the corridor
- We also ask that you leave your session in a timely manner to allow turnaround for the next session

#### 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.

#### SAFE & RESPECTFUL USE OF THE GYMNASTICS CENTRE

- Parents/guardians are required to accompany their children around the Centre to assist their children throughout the session
- Please ensure your child plays with toys/equipment suitable for their age
- Parents/guardians are responsible for ensuring no intentional damage is caused to our building and its contents
- All visitors using equipment are responsible for using it safely. South Durham Gymnastics accepts no liability for injury or damage caused by misuse, reckless behaviour, or failure to follow staff instructions
- Siblings aged 8+ that attend during the school holidays (Family Play sessions) must attend in a support capacity only – they MUST NOT climb / jump / swing on any of the equipment or inflatables
- Adults are also not permitted to play on the kit during these sessions, we encourage you to come along to one of our Adult Gym sessions if you would like to give it a go!

#### TRAMPOLINES

- Only one parent/child per trampoline is permitted at any one time
- Mats must remain on the trampolines at all times
- Parents can gently jump on a trampoline holding their babies, but must support their head/neck
- If you are pregnant or recovering from birth (within 6 months), please consult a medical professional before using the trampolines. Refrain from use during the first 3 months of pregnancy. Participation is at your own discretion and risk.

#### PLAY AREAS & ACTIVITIES

- Parents/guardians are responsible for their own child(ren) and they play at their own risk
- Children must not push, collide, fight, throw, run, or behave in a manner likely to injury or cause distress to others
- Adults are not permitted on the inflatable Air Track or Challenger – unless it is to help a child get on / off
- Children should refrain from playing on the high bars
- No somersaults are permitted within the sessions as this may result in serious injury

#### TOILET FACILITIES

- We have a toilet inside of the gymnastics hall, as well as the accessible toilet (with baby changing station) in the entrance corridor
- You will also find toilets within our male & female changing rooms, as well as upstairs on the viewing gallery
- All parents/guardians are required to fully supervise their child(ren) when visiting the toilet. Staff are not responsible for supervising children in the toilets. Children must not be left unsupervised in these areas.

#### FOOD & DRINK

- No food/drink is permitted in the gym unless in spill proof beakers beside the wooden duckets
- Breastfeeding is allowed within the gym

#### PHOTOGRAPHY

- Photography is permitted; however, please respect the privacy of other families and ensure that only your own child(ren) appear in any photos or videos you take.

#### 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

PLEASE NOTE: If your child has a medical condition or additional support needs, please inform a member of staff before entering the session so we can best support your visit. For certain medical conditions, additional screening may be required in line with IGA guidelines. Please visit our website or contact us before attending if this may apply.