



SESSION RULES: BABY & TODDLER GYM; FAMILY PLAY; SPORTSABILITY

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
- 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 do not accept responsibility for the loss or damage to any personal belongings left unattended on the premises

MEDICAL CONDITONS

To ensure a safe and inclusive environment for all participants, individuals with the following medical conditions must seek expert advice before participating in activities within our gymnastics setting. This ensures that any necessary reasonable adjustments can be made:

- Pregnancy
- Dwarfism
- Brittle Bones
- Detaching Retina
- Rodded Back
- Down's Syndrome

As a high-performance gymnastics centre with specialised equipment, we are committed to providing a safe and inclusive environment. We have a legal obligation to ensure it is safe for everyone to participate in gymnastics.

Some conditions, such as Dwarfism, Brittle Bones, Detached Retina and Rodded Spine may require medical advice or screening before participation.

Participants with Down's Syndrome must undergo medical screening for Atlanto-Axial Instability prior to participating in any gymnastic activities. This screening must be conducted by a qualified medical practitioner.

For access to the required forms or for participants with any of the aforementioned medical conditions, please contact us at gym@southdurhamgym.co.uk. A member of our team will be happy to discuss your needs and guide you through the next steps for joining our sessions.

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 the equipment will be responsible/liable for any damage or injury occurring from or as a result of misuse or reckless use
- 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
- Please refrain from using the trampolines if you are within the first 3 months of pregnancy, or 6 months after giving birth

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

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

- Is permitted; please be respectful to other families and try get pictures/videos containing your own child(ren) only

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