
Gymnastics Hall Rules

To ensure we have a safe and respectful gym environment, the following Gym Rules apply to all athletes and parents enrolled at SGAC

1. Entry into the training hall is only permitted when instructed by coaching staff
2. Parent/Guardians are not permitted in the downstairs area or in the gymnastics halls unless participating in the Kinder Gym program, or requested by an SGAC staff member. Parents are welcome to watch from the viewing area
3. The gym has different surfaces including soft mats, hard mats and uneven flooring. Please watch your step and be aware of the floor surface and objects around you
4. No food or drink permitted in the Gymnastics Halls, with the exception of bottled water for gymnasts
5. Athletes must be respectful to all coaches, fellow gymnasts and SGAC staff
6. Athletes must advise their coach if they need to leave the gym floor
7. Athletes are encouraged to leave valuable items at home. Personal belongings are to be kept together and placed in lockers or bag racks. SGAC is not responsible for personal belongings brought to the centre
8. Athletes are not to have any mobile devices on the gym floor
9. Athletes must appreciate and respect all equipment
10. Equipment is not to be used without a coach's permission. Only one person should be on equipment at any given time
11. No pushing, hitting or swearing at any time
12. No flips or somersaults on trampolines or other equipment without coach's permission
13. Be careful when jumping in the foam pit. Do NOT jump in until the area around you is clear. You must jump in feet first – jumping in head first may cause injury
14. SGAC uniform is to be worn when participating in training and competitions
15. Hair should be securely tied back neatly and off the face
16. No jewellery to be worn during class. Rings, earrings, watches and necklaces can potentially cause injury and damage to equipment. Small stud earrings are acceptable
17. No socks or shoes to be worn on the floor unless directed by your coach
18. Any injuries are to be reported immediately to the coach. This includes any existing injuries
19. Only Centre staff and authorised contractors are permitted to conduct coaching or instruction at SGAC
20. Athletes and Parents/Guardians must adhere to our Code of Conduct at all times