



Open Gym Safety Rules

- . Obey the Instructor(s) and the rules
- . Do NOT attempt skills that you are not comfortable performing on your own
- . No Roughhousing (pushing/kicking/etc.
- . Always practice safe landing/falling technique
- . Ask an instructor if you need help
- . No kicking or throwing balls
- . One at a time on trampolines
- . One at a time on tumbl trak
- . No Burying or hiding in the pit
- . Failure to follow rules will result in dismissal from the gym WITHOUT refund.

The goal of Open Gym is to provide additional training time, not a dangerous free for all opportunity. Any dangerous behaviors will not be tolerated.