

## Participants Responsibilities

This policy was last reviewed - 27/01/2022

1. All participants should wear suitable clothing to prevent injury or damage to equipment; no belts, buckles, metal badges or other items that could cause injury. No jewellery. Long hair should be tied back.
2. It is the policy of Springfit that all participants arrive suitably attired for the activity. Leotards or sportswear are preferred, Springfit does not allow clothing such as crop tops, jeans (or denim), skirts, dresses or tights. For guidance, speak to your Head Coach.
3. When waiting for their turn on the trampoline, all children should stand around the trampolines and help with 'spotting'. No running around is to be permitted. Children must not sit on end decks or frame pads and must never go underneath a trampoline when it is in use or jump from one trampoline to another.
4. No eating or drinking within the gym halls. Only bottles with secure lids may be brought into the hall. No cans, glass bottles or food.
5. Children and members should not leave the hall while their class is running except to go to the toilet. Only one child at a time may leave the hall for this purpose. In centres which are open to the public or where the toilet is not in the line of sight of the gym, children should be accompanied by a member of the Springfit Team.
6. No front landings, landings or other rotational moves to be performed during a participant's first warm-up turn on the trampoline – even if they are an experienced trampolinist.
7. All participants must respect class and head coach rules.
8. All participants must respect the rights, dignity and worth of all other participants and Springfit staff.
9. All participants and guardians must refrain from consuming alcohol or recreational drugs or smoking (including vaping) whilst on the premises.

### Springfit Gymnastics and Trampoline Club

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