

CCGC Gymnast Rules

1. No running in the gym except when directed by a coach.
2. No food or drink allowed in the gym area.
3. No gum chewing.
4. No jewellery of any kind.
5. Hair must be worn appropriately.
6. Bare feet or gymnastic shoes, only.
7. Supervised gymnasts only in the gym.
8. Don't endanger yourself or someone else.
9. Always follow direction.
10. Don't wait for rides outside. Always stay inside until an adult picks you up.
11. Tell a coach whenever you injure any part of your body.
12. Respect fellow gymnasts' personal space.
13. Secure your belongings. Don't tempt thieves!
14. Other gymnasts' belongings are 'Out of Bounds'.
15. Keep YOUR gym clean.