**Dunne’s Rules for Safe and Happy Gymnasts!**

**PARENTS AND ATHLETES…**

*Please take the time to review our school rules:*

1. Please arrive on time for classes. The warm-up exercises are VERY important for all gymnasts.
2. Students will not be allowed on the apparatus without supervision from an instructor.
3. Hoop earrings, rings, long necklaces, bracelets and watches should be left at home. No gum chewing!
4. Baggy clothing is not allowed. Please do not wear skirts, hoods, clothing with zippers OR buttons.
5. Long hair must be tied back.
6. Gymnastics requires concentration, and control of body and mind. You are expected to behave in an orderly way. No dangerous play will be allowed.
7. Stay with your group at all times. March to and from events (no running). Look around before you cross over any mats or walk in front of equipment.
8. One person at a time on each piece of equipment.
9. If, in spite of all precautions, you do happen to get hurt in class, be sure to tell your instructor.
10. Be respectful and courteous to others. Give your instructor your full attention. LISTEN and CONCENTRATE!
11. Never say, “I can’t.” Try the skill first. Instructors will never ask you to do something impossible. Think positive, try your best, and practice. Your teachers are here to help you learn.
12. Be proud of yourself when you master a skill correctly. Be encouraging to others.
13. Remember, gymnastics is a sport meant for enjoyment. We want you to learn; and at the same time, have fun.
14. Students should never go into the parking lot without the adult who is picking them up!
15. Parents are not allowed in the gym. You may observe from upstairs.