



15 Ways to Have Fun and Stay Safe at Jump N Joy Gymnastics

1. No food or drinks (other than water) are permitted in the gym.
2. Please start to clean up toys **5 minutes prior** to the end of class.
3. Do not play in the parking lot. and parents, please drive slowly through the parking lot and come to a complete stop at the stop sign.
4. For daytime classes - only park at the side parking lots first two rows. There's a red dot at each space.
5. Parents, stay close to your children in the parking lot. Hold their hand if necessary.
6. Only registered children are permitted on the floor.
7. Quiet conversations from our spectators.
8. No communicating to or coaching from the sidelines. This may cause a safety hazard as well as a distraction to the class.
9. Do not climb on the sideline mats.
10. If children are sick, please keep them home.
11. Students should dress comfortably for class--no jeans, dresses, crop tops, or jewelry. Long hair should be pulled back into a ponytail. Leotards are suggested for girls, but should not have a skirt or tutu attached to it.
12. All Children **must** use the cubbies. This helps direct students to a safe area for pick up. Parents **must** come into the building to pick up students.
13. For cancellations due to poor weather conditions, CALL [215-570-0678](tel:215-570-0678) for a pre-recorded message or check our **FB page**. We do not follow any particular school district in reference to cancellations. You will not receive individual emails or notifications.
14. Register on time to secure your child's spot. **Registration means payment.** Many classes have a wait list. New students should call 215-570-0678 **Registration for the next session must be made by the deadline to secure your spot.** Currently registered students in the fall and winter sessions have the first opportunity to reregister. Registration for the fall and summer session are on a first come, first serve basis. Do not mail in registrations or switch classes without prior approval. If you would like to switch, you need to first request placement on the waitlist.
15. No refunds will be granted after the start of the session, except for medical reasons. Cancelled classes by Jump N Joy will be made up at a different time.

Please review these rules and guidelines with your child(ren). We thank you in advance for your understanding and cooperation in helping us to maintain a safe and constructive environment for all participants and their families.

Gymnastics Safety Guidelines

1. **Assumption of Risk.** Participation in gymnastics activities involves motion, rotation, and height in a unique environment and as such, carries with it reasonable assumption of risk. (Children who are older and larger as well as children who are overweight are more difficult to “spot” and are also more prone to injury. The assumption of risk is greater with these children.)
2. **Competent Supervision.** Do not participate in any gymnastics activity without competent supervision.
3. **Be Prepared to Participate.** Follow accepted warm-up practices and be mentally prepared to engage in the activity.
4. **Carelessness Cannot be Tolerated.** Gymnastics is an activity requiring active concentration. **Horseplay** or any other form of carelessness cannot be tolerated at any time for any reason. Consult your instructor.
5. **Follow Proper Skill Progressions.** A safe learning environment includes a correct understanding of skill being performed and then following proper skill progressions. When in doubt, always consult your instructor.
6. **Proper Landing Technique.** Safe dismounts as well as unintentional falls require proper landing techniques. No amount of matting can be fail-safe. Avoid landing on head or neck at all cost, as serious catastrophic injuries may result.
7. **Parents Responsibility.** Parents must inform the child’s instructor **each session** of any medical, physical or mental deficiencies, or condition that could cause problems during the class.

Warning!! Catastrophic injury, paralysis, or even death can result from improper conduct of the activity.