

UBC ACTIVE KIDS

Gymnastics Drop-in

1. All participants must sign-in, pay, and if necessary, complete a consent form
2. Participation is first come first served, you cannot hold a spot for a friend
3. We do not accept \$50 or \$100
4. Socks/jewelry must be removed and hair must be tied back
5. Children under 4 yrs must be within arm's reach of a parent/guardian
6. If under 4 yrs there must be 1 parent with the child (unless the second child is an infant and not participating; i.e., being held in parents arms)
7. No photography or filming
8. Wait until your name is called by a coach to use the trampoline
9. Only one person at a time on each set of bars or rings and use both hands
10. Do not twist on the rings
11. Do not run in front of the rings, ropes, or on the red mats
12. Do not jump from the trampoline to swing on the rope, use the box
13. No flips during Family Drop-in
14. Any injuries must be reported to a coach and documented
15. No nuts of any kind in the gym
16. All participants must limit their activities to movements that they can safely attempt
17. Coaches have final say in all matters and their instructions must be followed at all times or you will be asked to leave
18. All participants must adhere to the Active Kids Code of Conduct
19. HAVE FUN!

