

# Rising Stars Academy's Parent & Tot Open Gym Safety Rules

## General

- ★ Parent & Tot Open gym is **ONLY** for Children 5 years & Under!
- ★ **No Parents or Older Siblings on the Equipment at anytime** (with the exception of assisting a child)
- ★ **Parents Must Be Actively Supervising Their Children at ALL TIMES** (Keep your child in sight at all times)
- ★ If there is another activity in the gym at the same time as Open Gym, Please keep your child out of that area. (From time to time, we will have team practicing or a clinician in for our team members and we will do our best to use minimal space.)
- ★ **Children Should Not Jump Down From Anything Taller than Hip Height.** *Even Though the floors are padded and matted, an injury can occur.*
- ★ Lifting children two years of age or younger by their hands can cause injury to their shoulders.
- ★ **NO FOOD or DRINK** in the gym area please.
- ★ Ask for assistance if you would like to know how to spot your child on a gymnastics skill or on a specific piece of equipment.
- ★ **Notify staff of any accident involving bodily fluids or of any injury immediately.**
- ★ Have a Great Time!!!

## Trampoline & Tumble Tramp

- ★ Please do not allow more than two children on the trampoline at one time. **Be sure Bigger children do not bounce with Toddlers!**
- ★ When bouncing with your child on the trampoline, **keep your feet on the trampoline.**

## Pit

- ★ If you wish to toss your child into the pit, please make **sure that they keep their hands and arms in front of their body when landing in the pit.**
- ★ **Never throw a child into the pit on his/her stomach.**
- ★ **Never allow your child to enter the pit head first.**
- ★ Supervise your child in a manner to ensure they do not jump on top of another child.

## Balance Beam

- ★ Please keep children off of the high beams unless you have two hands on them at all times.
- ★ Children should not jump off of equipment which is taller than their waist unaided.

## Bars

- ★ Please do not let your children use the high bar; even with your assistance.
- ★ Hang on to your child with two hands when they swing on the bars. You never know when they might let go!!

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*I have read and understand all of the above rules regarding Parent & Tot Open Gym at Rising Stars Academy*

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Please Print Name)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(1<sup>st</sup> Child's Name)

\_\_\_\_\_  
(2<sup>nd</sup> Child's Name)

\_\_\_\_\_  
(3<sup>rd</sup> Child's Name)