Open Gym Rules @ TCT

- Only Registered students with a designated wristband from the front desk are allowed in/on gym equipment. Please remain in the Lobby until a coach calls out Open Gym.
- No gum or food in the gym.
- Water bottles must be kept on the tables in the gym by the double doors
- NO Jewelry, Hair tied back and out of face
- [East] No using Big Trampoline & Tumbling trampolines
- Practice skills safely. Ask a coach if you need assistance, but may not be available to help or spot (we're here to supervise everyone). No jumping to a highbar without a coach spotting. Share and take turns on all equipment.
- 1 person on a trampoline at a time. Do not cross an occupied trampoline.
- Tumble Track is ONE Way - start on end by the floor exit into the pit or on a mat.
- Ropes: only 1 rope used at a time. No swinging TOWARDS the beams and tramps.
- **NO parents IN the gym.** For safety and insurance liability - parents are not allowed in the gym. Please do not coach your student from the lobby or doorway.
- [East] Avoid blocked off areas - All bars on the right side of the gym, channel areas
- Listen and Respect coaches at ALL times. LISTEN to what they tell you. If you are being unsafe and continue to do so you will be asked to sit out or be sent home.
- Foam Pits: enter on your feet or seat, absolutely NO diving head/belly first Make sure the pit is clear. Do not land on or near other students. Your head must always be seen (no burying yourselves).

  No digging. Keep blocks IN the pit area
- [East] Boys equipment: No spinning or swinging on double rings, high rings off limits

BE safe and have FUN!!