

FLOOR SAFETY PROCEDURES

To ensure a safe and enjoyable environment for everyone, please adhere to the following floor safety procedures at Sparta Gymnastics:

- The downstairs room is designated as a waiting area. All students and siblings must remain there while waiting for class to begin.
- Only coach-approved equipment is permitted on the gymnastics floor. No other items should be brought onto the floor.
- Students should not enter the gym area until instructed by a coach.
- Parents and guardians are not allowed on the gym floor unless participating in Kindergym, and only when accompanied by a coach.
- Running is prohibited on the stairs, in the waiting area, and in the gymnasium unless directed by a coach.
- Food, chewing gum, and drinks are not allowed on the gym floor. Only water in a secure plastic bottle is permitted.
- All pre-existing or newly occurring injuries must be reported to the coach immediately.
- Students are required to inform their coach if they need to leave the group for any reason during class.
- You are welcome to take photos or videos, but only of your child.
- Parental interference during the coaching process is not permitted. Any concerns should be addressed with the head coach outside of class time.
- All individuals entering the gym are bound by Sparta Gymnastics' Terms and Conditions.

Thank you for your cooperation and understanding in helping us maintain a safe and positive training environment.

Administration

Sparta Gymnastics



UNIFORM REQUIREMENTS

To ensure safety and optimal performance during classes, please adhere to the following uniform procedures:

Accepted Attire:

- Shorts, leotards, Sparta Gymnastics (SG) club shirt, form-fitting t-shirts or singlets, leggings, long pants.
- Bare feet only—no socks are allowed on the gym floor.

Prohibited Items:

- No skirts, denim, attached skirts, jumpers, or baggy clothing during class.
- No watches or fitness trackers.
- No headbands, bows, or large, bulky hair clips.
- No jewelry, including necklaces, bracelets, or dangly earrings.

Hair Requirements:

- All hair must be neatly tied up and kept off the face to ensure it does not interfere with the student's participation in class. Acceptable styles include ponytails, braids, or buns.

Thank you for your understanding and cooperation in adhering to these uniform requirements, which help maintain a safe and focused training environment for all students.

Administration

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