

BE CAREFUL
SAFETY
FIRST

We are happy to provide a fun and safe learning environment for your child(ren) here at Johnson Dance & Gymnastics. It is very important for you to read and discuss this information with your child. This **SAFETY HANDOUT** has been prepared with the acknowledgment that when gymnastics, dance & cheerleading are not done properly, a greater risk of injury is present. It is therefore imperative that every participant read, or have read to them every word contained in this document. When discussing this with your child(ren), please use words that are age appropriate, with realistic examples of consequences. If you need assistance in this process, please see any of our staff members.

***Parents and siblings are never allowed out onto the gymnastics floor or equipment areas. Due to insurance regulations, every adult entering a gymnastics area (ex. Rock-n-Rollers – which is parent/guardian accompanying a gymnast) must have a signed release form. Just like your child it is valid for one year.**

RULES TO BE FOLLOWED DURING CLASS:

- **There must ALWAYS be a teacher present for you to be in the gym or on an apparatus. NEVER USE ANY EQUIPMENT WITHOUT PERMISSION AND SUPERVISION FROM AN INSTRUCTOR!**
- Absolutely **NO** horseplay around or on the equipment.
- Always pay attention to your instructor for directions.
- If you do not understand your teacher's directions, ask questions until you fully understand what to do.
- Never leave your group for a drink or to use the restroom without first asking your instructor.
- All gymnasts should keep their hands, feet and bodies to themselves.
- Only one person at a time on the equipment, unless your instructor has directed you otherwise.
- Let the teacher know if you are feeling sick, faint, or have injured yourself.
- Once you have started to perform a skill, follow through with it to its completion. Never stop half way.
- Keep your eyes open throughout the entire skill.
- Always land on your feet unless your instructor tells you otherwise.
- Do not walk or climb under equipment when someone else is using it.
- Do not climb on the legs of the beam or on the bar cables.
- When using the **Foam Safety Pits**, gymnasts should always be familiar with **ALL SAFETY RULES**. Always listen to the directions from the instructor. Make sure the instructor has given you the "go ahead" before going into the pit. Never, ever dive into the pit head first. Always try to land either feet first, or flat on your back, with knees bent up. Never go into the pit until the gymnast in front of you has fully exited.
- The **Trampoline and Tumble Trax** may only be used under the direct supervision of an instructor! Never go on the trampoline unless an instructor is right up on the platform with you.

IT'S IMPORTANT TO KNOW "HOW TO FALL!"

Roll up into a tight "ball" position, tuck your arms and legs in, keep your hand in a fist shape and keep your eyes open! If you are falling backward, resist the urge to "catch yourself" with your arms behind you, instead bend your arms to your sides or towards your belly. Reaching your arms straight out to "catch yourself" can cause your elbow to "lock", resulting in a serious injury!

Practice this drill at home!

WARNING OF RISKS TO ALL PARTICIPANTS: (Required by our National Safety Board)

"PLEASE BE ADVISED THAT ANY ACTIVITY INVOLVING MOTION AND/OR HEIGHT, CREATES THE POSSIBILITY OF ACCIDENTAL INJURY. PARENTS AND PARTICIPANTS MUST BE AWARE THAT INJURY, INCLUDING PARALYSIS OR EVEN DEATH, IS POSSIBLE IN CONNECTION WITH THIS OR ANY OTHER ATHLETIC ACTIVITY. THE PARENT(S) MUST ASSUME ALL RESPONSIBILITY FOR ANY INJURY DUE TO PARTICIPATION IN THESE ACTIVITIES. ALL INJURIES, MINOR OR OTHERWISE, MUST BE REPORTED IMMEDIATELY SO THAT PROPER CARE MAY BE GIVEN."

Johnson Dance & Gymnastics has always had a commitment to safety. It is the most important part of our program. If you ever have a concern or question regarding any aspect of our program, please bring it to our attention immediately.

YOU ARE A PART OF OUR JOHNSON DANCE & GYMNASTICS SAFETY TEAM! Thank You!