



SESSION RULES: ADULT DROP-IN GYM (16+ years)

OUR CUSTOMERS WELLBEING AND SAFETY IS OUR TOP PRIORITY. BY ATTENDING ONE OF OUR SESSIONS, YOU AGREE TO THE RULES, TERMS AND CONDITIONS SET OUT BELOW:

ARRIVING & SIGNING IN

- Do not enter the gymnastics hall until a member of staff lets the session in

STORAGE OF PERSONAL BELONGINGS

- No outdoor footwear is permitted within the gymnastics hall
- Personal belongings can be stored in the wooden benches within the gymnastics viewing area
- Please keep your personal belongings safe; Sportspark do not accept responsibility for the loss or damage to any personal belongings left unattended on the premises

CLOTHING & JEWELLERY

- Suitable clothing must be worn at all times – No zips, buckles, buttons, hoods, denim, combat trousers or clothing with loose parts
- Long hair must be tied back. All jewellery, accessories and watches must be removed. Any participant with hooped jewellery on will not be permitted into the session

PHOTO AND VIDEO POLICY

- Authorised photography whilst in the gym only (please sign in the black folder upon entering)

SKILLS & SAFETY

- Only attempt skills/participate in activities that are suitable for your own ability and experience. If coaches see unsafe practice, then you will be asked to stop
- Unstructured and uncoached session with a minimum of two qualified coaches, supervising the session for your safety
- No triple somersaults
- Please accept some skills will not be allowed due to insurance and qualification reasons
- No external equipment is to be brought into the gym unless authorised by the Sportspark and a risk assessment is carried out
- One person on the trampoline at a time
- Socks must be worn when on the trampoline

FOOD & DRINK

- No food or drink is permitted in the gym. Alcohol or any other forms of substance consumption is prohibited before, during or after training or events

ETIQUETTE

- Foul language, inappropriate gestures or behaviour will not be tolerated
- Please be courteous of the other participants, especially if the gym is busy

FINAL NOTE

- Whilst we have tried to make your visit with us as safe as possible, you enter and use our facilities at your own risk
- If you do not agree with this notice fully, you should not enter the session
- Sportspark reserves the right to remove anyone from the session who is not adhering to the rules

All day every day for the community
www.sportspark.co.uk