



# SESSION RULES: UEA GYMNASTICS AND CHEER

OUR CUSTOMERS WELLBEING AND SAFETY IS OUR TOP PRIORITY. BY ATTENDING A SESSION IN SPRING, YOU AGREE TO THE RULES, TERMS AND CONDITIONS SET OUT BELOW:

## ARRIVING & ENTERING

- Do not enter the gymnastics hall until your allocated time
- We also ask that you leave your session in a timely manner to allow turnaround for the next session
- Only participants to use the toilet within the gym during training/event times

## STORAGE OF PERSONAL BELONGINGS

- No outdoor footwear is permitted within the gymnastics hall
- Personal belongings to be stored within the gymnastics viewing area
- Please keep your personal belongings safe; Sportspark does 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. Indoor cheer shoes can be worn in the gymnastics hall
- 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

## SKILLS & SAFETY

- No more than 25 gymnasts on the sprung floor at any point
- Do not stunt on the same spot on the floor area in order to protect the longevity of the sprung floor
- Please use the landing mats for advanced corner tumbling and stunting in order to protect the longevity of the sprung floor
- No external equipment is to be brought into the gym unless authorised by the Sportspark and a risk assessment is carried out
- Do not lay and lounge on the equipment in the gymnastics hall

## 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  
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