

OPEN GYM RULES

GENERAL

1. No adults are allowed on the equipment. There are absolutely no exceptions to this rule.
2. No one over the age of 12 is allowed in Rec Open Gym other than students of GymQuest who are currently enrolled in a class. No one over the age of 6 is allowed in Jr. Rec Open Gym.
3. You are allowed to go to the lobby to go to the restroom, get a snack or drink, or to contact your parents. In those situations, you must return to the gym immediately when done. There is no “hanging out” in the lobby during Open Gyms.
4. All participants must have been registered at the front desk and must have a waiver signed by their parents on file. There will be **NO EXCEPTIONS** to this rule.
5. Any child aged 5 or younger must be accompanied in the gym by a parent. Adults are not allowed on the equipment.
6. There is NO SPOTTING at all by anyone during open gym.
7. No Open Gym participants are allowed in the upstairs of our facility during Open Gym.
8. No strollers, baby carriers, or slings are allowed in the gym.
9. No children under the age of 6 months of age are allowed in the gym.
10. Only GymQuest Competitive Team members are allowed on the Balance Beams and Bars in the back corner of the gym (southwest). The bars and beams that are closest to the lobby windows (southeast corner) can be used by any participant.
11. No running in the gym other than to tumble.
12. No wrestling, fighting or other rough-housing in the gym.
13. Participants are not allowed to “hang out” in between the inflatables and the closest walls.
14. No participant is allowed to touch or play with the computer or receiver or stereo in the gym.
15. No one is allowed to open lockers in the gym, aside from the person who has had that locker assigned to her.

PITS

1. Never enter the pit in any way other than landing on bottom or feet. It is never okay to dive head first or to land on belly in the pit.
2. Do not jump into the pit in areas that are designated for other things. In other words, don't jump in to the pit where the trapeze swings, or where someone may be coming off of the bar or ropes.
3. Do not dig holes in pit or under mats in pit.
4. Do not bury yourself or hide under the blocks in the pit.
5. Do not put mats or training blocks in the pit other than for training purposes.
6. Only athletes with proper training should be performing flips into the pit.
7. Do not throw objects into the pit.
8. No wrestling or fighting in the pit.
9. Do not “hang out” in the pit. When you have taken your turn, immediately climb out of the pit to allow the next person to go.

ROPES

There will be no use of ropes for open gyms or birthday parties.

PRESCHOOL AREA

Jr. Rec Open gyms (6mon-6 years) – can use the preschool area but are not allowed to move anything set up for class or remove items from that area.

TRAMPOLINE

1. Only one person is allowed to bounce on the trampoline at a time.
2. Parent are NOT ALLOWED to bounce children on the trampoline.
3. Do not walk on to the trampoline until the person before you is completely off of the trampoline.
4. Bouncing should be kept to the middle of the trampoline. The only exception is to train flysprings and handsprings.
5. Only athletes with proper training should be performing flips on the trampoline.
6. No mats, training blocks, balls or other objects are allowed on the trampolines.
7. Open Gym participants are not allowed to spot each other.
8. Stop bouncing before you exit trampoline

TUMBLE-TRAK

1. Travel on the tumble-trak is limited to one direction and that is toward the back of the gym going away from the front desk.
2. Do not walk on the tumble-trak when coming back from a turn.
3. Do not walk across the tumble-trak or the mats that are on the tumble-traks.
4. Only athletes with proper training should be performing flips on the trampoline.
5. Do not put mats or training blocks on the tumble-trak other than for training purposes.
6. Only one person is allowed on the tumble-trak at a time.
7. Parents may walk on the outside of the trampoline to hold a child's hand to jump.

FLOOR

1. Be aware of the lane(s) that are set up for people to tumble in. Do not cross these lanes.
2. Only athletes with proper training should be performing flips on the floor.
3. No wrestling or fighting on the floor.
4. Open Gym participants are not allowed to spot each other.

INFLATABLE OBSTACLE COURSE

1. Be aware of the direction that has been pre-set by the staff as to which way you must travel through.
2. Do not "hang out" in the obstacle course. Keep moving through the course.
3. No wrestling or fighting inside the obstacle course.
4. Do not climb over the sides of the obstacle course.
5. No jumping from other blocks or mats to get on to the obstacle course or into it.
6. No flips are allowed inside the obstacle course or off of it.
7. No blocks, mats, balls or other objects are allowed on or in the obstacle course.
8. Make sure that there are no sharp objects in your pockets before using the obstacle course.
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INFLATABLE SLIDE

1. Do not come down the steps of the slide, except in an emergency.
2. Do not go up the slide.
3. Slide only feet first on bottom.
4. Only one person at a time down the slide.
5. Do not stand at the bottom of the slide in front of it.

6. Do not climb over the dividing wall of the slide.
7. Do not “hang out” at the top of the slide. Take your turn as soon as you are clear.
8. Do not slide down while someone is on the slide or standing at the bottom of the slide.
9. Do not throw things on to the slide.
10. No mats, blocks, balls or other objects on the slide.
11. Make sure that there are no sharp objects in your pockets before using the slide.

BARS

1. One person on a bar at a time.
2. No one is allowed on the high bars of the uneven parallel bars.
3. No standing or sitting on top of bars
4. No hanging from legs or flipping off of the bars

BEAMS

1. Only athletes with proper training should be performing skills on balance beam.
2. No wrestling or fighting on the balance beams.

VAULT TABLES/AREA

1. Do not climb on or use a table if the slide is harnessed to it.
2. No flipping off of tables.
3. Do not put blocks or mats on top of tables.
4. No wrestling or fighting on top of tables.
5. No jumping from table to try and catch bar.

TRAPEZE

1. Do not swing upside down on the trapeze.
2. Do not swing on trapeze hanging from knees.
3. Do not twist the cables of the trapeze, before swinging out or while swinging.
4. Only one person allowed on trapeze at a time.
5. Swing only from standing on a block or mat. Do not lift others or pull them back and let them go.
6. You may not swing out over the floor. You may only swing one time over the pit and drop to your bottom.