

# PRAIRIE GYMNASTICS CLUB

## FAMILY OPEN GYM GUIDELINES

12/2018

Welcome to **Prairie Gymnastics Club**. Please read and observe the following guidelines so everyone's time at PGC can be safe and fun!

1. Watch your children **at all times**. Please do not bring reading material, work, laptops, tablets, etc. with you. You are responsible for the safety of your children while they are in the gym.
2. Keep all clothing and personal items in the cubbies.
3. Please keep all food and drinks in the lobby. We do not allow food, gum, or drinks of any kind in the gym. This includes water and baby bottles.
4. There is a changing table in the front bathroom. Please dispose of diapers in the garbage can **outside**.
5. Pit Rules: **Do not throw children or objects (including mats) into the pit.**  
  
Teach children to jump in feet first. Jumping onto other body parts can cause injury.
6. Safety Rules: Remember that some of the equipment is unfamiliar to your children. Keep a close eye on them when they are jumping down from heights, walking on a high balance beam, swinging on a bar, etc.  
  
There is no rough play allowed in the gym. Remind older children to be cautious while playing around the younger children.  
  
There is NO running allowed in the back portion of the gym (anything past the blue tumble track).
7. The chalk, trampoline, high bars and rings, vault table, balls, and anything else with a grip are **OFF LIMITS**.
8. Mats should never be bent/folded. Doing so could cause damage to the equipment. Please encourage children to return mats to their original place when finished with them.

If you have questions, please talk to the person in charge. Thank you!

### HAVE FUN AND BE SAFE!



**630-406-6803**  
**www.prairiegym.com**