



## ADULT REC DROP IN PROGRAM

### Rules and Regulations

#### General Rules:

1. Adult Rec registration begins at 8:30pm. Please do not enter gym before this time – an instructor will call you in.
2. Under no circumstances are there to be any skills performed on/off any equipment until the class has begun.
3. Adult Rec begins with a warm-up (conditioning, stretching) led by one of the instructors. If you do not wish to participate in this scheduled warm-up, you are asked to sit on the floor and wait until it is finished. You should not be performing any skills at this time. It is strongly recommended that everyone stretch before participating in any gymnastic activity.
4. Participants are free to use the equipment specified by the instructors in the gym. If you do not know how to use a piece of equipment or have not been on the equipment before, ask or let one of the instructors know so that they will be able to provide you with the proper safety instructions.
5. Do not attempt any new skills without the direct instruction and proper skill progressions provided by the instructors.
6. If an instructor suggests that a skill not be performed due to the safety of the athlete, please abide by their wishes. In the event that the athlete ignores this suggestion and continues with (what the instructor believes to be) a dangerous skill, the athlete will be asked to leave the gym immediately.
7. There are a lot of people and motion in the gym, **PLEASE** watch where you are going and look both ways before crossing the floor/ tumbling and vault strips/ or trampolines. Because there may be someone tumbling, running, or jumping and we do not want any collisions.
8. If you are using any of the bars, rings, or pommels, **PLEASE** put chalk on your hands before going on the apparatus.

#### Specific Rules:

1. Do not jump or perform any skill off the table vault located on the east side of the gym, or off the fast track (black trampoline) into the pit.
2. Do not perform any inversions on the above ground trampolines unless an instructor is within 10 feet and has given permission.
3. **No double rotations** (2 forward/backward somersaults in a row) are to be performed at any time in the gym. (Exception made for proven National and International gymnasts)
4. Do not walk across the in-ground trampoline – walk around on the mats.
5. At no time should there be any more than **ONE** person on a trampoline.

**The instructors of the Ottawa Gymnastics Centre reserve the right to deny access and/or participation to any individual(s) attending the open-gym classes who:**

- 1. Are under the age of 18 years old**
2. Appear to be creating or participating in an activity (gymnastic or non-gymnastic) that is considered to be unsafe by OGC instructors.
3. Are endangering or causing risk of injury to themselves or others in the facility. **(If the individual(s) persist in #2 or #3, they will be asked to leave immediately and it will be noted on their record. If the activity continues during a future practice, the individual(s) will be permanently dismissed.)**
4. Has recently suffered an injury that would be considered to be at further risk by participating in open gym. **(In some cases, a medical note may be required for participation).**