

# **Open Gym Rules**

## **Floor**

Walk the white line that runs around the tumbling floor

Keep the football on the left side of the floor

Keep the mats on the floor

No throwing or hitting each other with mats

Do not stack mats too high

Tumble on the right side of the floor

Keep cell phones at home or in a safe place in the cubbies. Paragon is not responsible for stolen phones and we highly recommend they are not brought on the floor or in the gym

## **Beam/Bars/Ropes**

Only low beams and low bars may be used

No ropes or rings, only cargo net

## **Trampoline**

No double or triple flips

One at a time on the trampoline

Do not jump from trampoline to trampoline

Bend knees and hold arms out in front of you if you feel like you are going to fall

Stay in the square in the middle of the trampoline

## **Foam pit**

Jump one at a time into the foam pit

Do not jump on one another

Use safe landing positions like seated position

Never land head first, on your stomach, or on your chest

Never jump feet first into the pit

Do not sit in the pit and play with the blocks or bury yourself or anyone else

Make sure a staff member is present and says it is okay to go before jumping in the pit

Make sure there are no holes in the pit before jumping

## **Other**

Remove all Jewelry

No bullying

Keep your hands to yourself

Share the floor and the equipment and make sure all kids have equal play time.

If there are any issues, find a staff member in a green shirt