



BASIC GYM SAFETY RULES

1. No gum or food in the gym
2. Unbreakable water bottles only - no sharing!
3. Clean up all garbage and water spills immediately
4. Hair tied back securely
5. No jewelry
6. Gym slippers, socks, or bare feet only
7. Clothing, gym bags, and small equipment always kept out of activity areas and traffic pathways
8. Look around and be aware of everything around you (people and equipment)
9. Avoid standing or walking on small apparatus such as hoops, beanbags, scarves
10. Children do not leave the gym until a parent is present