

# alpha@omega

gymnastics & dance e/c.  
*inspiring life-long adventures*

Course  
**151**

Safety 2 -  
Global Gym Rules



# Alpha Omega Safety Rules



On a constant basis we review our safety rules with our students. Listed below are the Alpha Omega global safety rules.

# Alpha Omega Safety Rules



## I. Proper Attire

- a. Wearing the proper attire makes it safer. Prescribed class uniforms are required.
- b. Girls are required to wear the class specific leotard. They may wear biker type shorts or yoga style tights. They should never wear tights that cover the feet.
- c. Boys are required to wear the class specific T-shirt. They may wear athletic type shorts, warm-ups, or sweat-pants, but should not wear shorts/pants with snaps, buttons, or zippers.
- d. All long hair must be tied away from the face.
- e. Students should not wear any jewelry.
- f. Students should enter class with bare feet. Shoes and/or socks are not allowed, unless instructed to do so by their teacher.

# Alpha Omega Safety Rules



## II. Before Class

- a. Encourage parents to talk with their child at home about staying in line, not talking in class, and listening carefully to their instructor.
- b. Students should arrive for class 5-10 minutes early, ensuring proper attire and to "calm" the anxious child, getting them in the mood for learning.
- c. Non-participating siblings and friends are prohibited from entering the gym area. They are not allowed on the gym floor or equipment.
- d. Children are not permitted to be left in the lobby unattended.
- e. Students should be taken to the bathroom before class.

# Alpha Omega Safety Rules



## III. Lobby Rules

- a. Students should not walk or run on the chairs.
- b. Students should not sit, stand, or climb on the dividing wall in front of the bleachers.
- c. Students should only enter the gym area at the direction from their instructor
- d. Gymnastics or other class activity should not occur in the lobby area.
- e. Parents should supervise all children under their care.

# Alpha Omega Safety Rules



## IV. After Class

- a. When class is over, students should stay in the lobby and not go back out into the gym area. Instructors should cover/"work" the doors.
- b. Students should follow all the lobby rules.
- c. Students should wait in the lobby area for their parent or ride to come in for them. They should never go outside and wait.
- d. Students should only go home with their parent or prearranged pickup. If anyone claims that they are supposed to pick a student up, and the parents did not inform us, then they should notify an instructor or other AOG employee immediately.
- e. Parents should be prompt in picking up their children. They should always come into the gym to pick up.

# Alpha Omega Safety Rules



## V. General Rules of the Gym

- a. When walking from one area of the gym to another, students should follow their instructor.
- b. Students should never leave their class without the instructor's permission.
- c. Students should always walk in the gym. They should not run unless instructed/allowed to do so.
- d. Gum, food, and/or drinks are not allowed on the gym floor.
- e. No one is allowed in gym area or on any equipment unless supervised by an instructor.
- f. Students should never attempt a new skill with or without a spot, unless proper progressions have been followed and the instructor has instructed them to do so.

# Alpha Omega Safety Rules



## V. General Rules of the Gym

- g. No dive rolls or flips allowed, unless supervised by an instructor.
- h. Equipment should always be checked before starting any activity.
- i. When performing skills, students should be taught to always follow through. They should never stop during a skill.
- j. Spotting is for our trained instructors only. Students/Parents should never spot other students.
- k. Students should learn and always land in a proper, safe landing position.
- l. During a fall, students should not put arms out to break their fall. They should learn a safety roll, keeping their arms up.
- m. Students should only go roll over barrels and under the supervision of an instructor.
- n. When not in use, barrels should always be set on their ends.



# Alpha Omega Safety Rules



## V. General Rules of the Gym

- m. Students should stay off any equipment that has a safety cone on it.
- n. Spring boards or any other rebounding device should be turned on their side or have a safety cone on them when they are not being used.

## VI. Special Considerations

- a. Students with an extreme lack of flexibility in the shoulders, and children under the age of 6 should learn bridges with their feet slightly elevated.
- b. Students who demonstrate lack of strength, or low muscle response and preschoolers should have their hips lifted while learning backward rolls.
- c. Students should not land or jump with knees bent more than a 90-degree angle (i.e.. Frog hops).

# Alpha Omega Safety Rules



## VII. Mommy & Me Safety

- a. Students must always stay with their parent. They should not be allowed to run off. If the student does run off, then the parent must retrieve them as soon as possible.
- b. All gym rules are to be followed by the student as well as the parent.
- c. Parents should not attempt any gymnastics skills on any equipment.
- d. Students under the age of 24 months have undeveloped muscles around their shoulders, therefore Instructors/parents should not lift students by their hands when lifting them up from the pit, bunny hole, or anywhere else. The proper way to lift them is from up, under the arms.

# Alpha Omega Safety Rules



## VII. Mommy & Me Safety

- f. Parents are allowed to get on the trampoline with their child, however, they must be careful to bounce gently.
- g. Student's should not be thrown into the pit with any height/force.

## VIII. Stretching/Warm-up

- a. Students should always stretch with head up, back straight, and chest down.
- b. Students should not bounce while stretching. Pressure should be applied evenly and steadily.
- c. Hurdler stretches are prohibited.
- d. Un-supported, forward flexion should be accompanied with slightly bent knees. (from a stand, bending over and touching toes/ground)

# Alpha Omega Safety Rules



## VIII. Stretching/Warm-up

- e. When stretching Hamstrings & Quadriceps in deep lunge, the front foot should be out in front of knee.
- f. “Plows” are prohibited. (rolling back and touching feet and/or knees to the ground)
- g. Head rolls are prohibited. Forward, backward, and side to side are allowed.
- h. “Windmills” are prohibited (bending and twisting).
- i. Trunk twisting with planted feet is prohibited. Heels must be lifted off the ground. (standing and swinging arms side to side)

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Thank you. You have completed this course. We hope that you valued the content as you continue to grow your acumen in order to be the Team Member that you and AOG desire!