

alpha@omega

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

Course
152

Safety 3 -
Specific Gym Rules



Alpha Omega Safety Rules



IX. Tumbling Circuit

- a. Students should wait for instruction from their teacher before starting.
- b. Students should not run through the circuit.
- c. Students should always wait for their instructor to help with skills that they are unable to do by themselves.
- d. Students should continue in the direction that their instructor has told them to go.
- e. Students should patiently wait their turn and stay in line, being careful to let the person in front of them finish their turn.
- 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



X. Floor Exercise

- a. Students should wait for instruction from their teacher before starting.
- b. Students should stay in their area and never run across the floor exercise.
- c. 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.

XI. Balance Beam

- a. Students should wait for instruction from their teacher before starting.
- b. If a student begins to fall, they must jump off to a safe landing position.

Alpha Omega Safety Rules



XI. Balance Beam

- c. Students should always show a safe landing position when dismounting.
- d. Students should only use the higher beams with the instructor's permission, once they have followed all leading progressions.
- e. Harder skills should be learned on the floor, then the low beam, and then the higher beams.
- f. Students are not allowed to walk on any beams higher than their waist, unless assisted by their instructor or have mastered all progressions leading up that level. (level appropriate: i.e. kids who have the skill to walk on the high beam.)
- g. 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



XII. Uneven Bars

- a. Students should wait for instruction from their teacher before starting.
- b. Students should never hang by just their knees. Their hands must always be on the bars.
- c. Students should not climb on any of the bar cables or uprights unless instructed to do so by their instructor.
- d. Students should never get on the higher bars unless instructed to do so by their teacher.
- e. Preschool and beginner students should always be spotted on skin the cats
- 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



XIII. Trampoline Rules

- a. Students are not allowed on the trampolines or trampoline tables without an instructor.
- b. Students should wait for instruction from their teacher before starting.
- c. Students should walk, not run on the trampoline tables.
- d. Students should always walk on and off the trampolines slowly and carefully.
- e. Students should bounce and perform skills in the center of the trampoline.
- f. Students should never go from trampoline to trampoline.
- g. Students should not walk or stand on the trampoline pads.

Alpha Omega Safety Rules



XIII. Trampoline Rules

- h. Only 1 student at a time on a trampoline is permitted.
- i. Students are not permitted to perform flips on the trampolines without proper progressions and direct supervision.
- j. Students should always “freeze”, coming to a complete stop, before walking off their trampoline.
- k. Students should never go under the trampolines
- l. 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.
- m. Students should always follow all trampoline rules on every trampoline
PSA: (especially back yard trampolines).

Alpha Omega Safety Rules



XIV. Tumble Trampoline

- a. Students are not allowed on the tumble trampoline without an instructor.
- b. Students should wait for instruction from their teacher before starting.
- c. Only one person at a time on the tumble trampoline is permitted.
- d. Students should always land on their feet when dismounting onto the landing mat in a safe landing position.
- e. Students should always land feet first when dismounting into the pit.
- f. Students should not sit or stand on the tumble trampoline pads when waiting their turn.

Alpha Omega Safety Rules



XIV. Tumble Trampoline

- g. Students should never run across the Tumble Tramp landing mat, where other students will be landing.
- h. Students are not permitted to perform flips on the tumble trampoline without proper progressions and direct supervision.
- i. Unless otherwise instructed to do so, students should not run down the tumble trampoline. They should only bounce.
- j. Students should only bounce in the direction specified by the instructor.
- k. Students should never go under the tumble trampoline.
- l. 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



XV. Mini Trampoline

- a. Students are not allowed on the mini trampoline without an instructor.
- b. Students should wait for instruction from their teacher before starting.
- c. Only one person at a time on the mini trampoline is permitted.
- d. Students should always land on their feet when dismounting onto the landing mat in a safe landing position.
- e. 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



XVI. The Pit

- a. Never flip into the pit, unless supervised by an instructor.
- b. Land on your feet or your seat in the pit. Never land on your head, knees, or stomach.
- c. Look before jumping into the pit.
- d. Never enter the pit without an instructor.
- e. Never run and jump into the pit unless instructed to do so by an instructor.
- f. Never bury yourself in the pit or you may be landed on.

Alpha Omega Safety Rules



XVII. Rope/Trapeze

- a. Students must take one swing at a time and then let go into the pit.
- b. Students should wait until the person in front of them is out of the pit before swinging.
- c. Students should let go as far out as possible, not when swinging back.
- d. Students should not run in front of where the rope is.
- e. Students should sit on the rope. They should not stand.
- f. Students should only climb the rope as directed and under the supervision of their instructor.
- g. All other pit rules are to be followed.

Alpha Omega Safety Rules



XVIII. Ninja Warrior Obstacles

- a. Students are not allowed on the ninja warrior obstacles without an instructor.
- b. Students should never go on top of above ground obstacles.
- c. Students should always climb down from cargo net, never letting go and jumping down.
- d. Students should always land feet first when dropping off or falling from an obstacle.
- e. Students should always face the net when climbing up and down.
- f. Students should always face forward when attempting the warped wall. If they fail to reach the top, they should slide down face toward the warped wall on hands and feet. They should not turn around and try to jump off.

Alpha Omega Safety Rules



XIX. Rock Climbing Wall

- a. Students are not allowed on the rock-climbing wall without an instructor.
- b. The number of students allowed on the rock-climbing wall is determined by the instructor.
- c. Students should never climb any higher than 10 feet.
- d. Students should always climb down, once they have climbed up. They should never drop off.
- e. Students should never climb underneath another person.

Alpha Omega Safety Rules



Warning of Risk to Participants

Be advised that any activity involving motion or height creates the possibility of accidental injury. Parents and participant should be aware that injury is possible in connection with this or any other athletic activity. Parents and spectators should stay in the designated waiting areas so as not to interfere with the safety and learning of the students.

Course
152

Safety 3 - Specific Gym Rules



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!