

PARENT AND TOT CAREGIVER CHECKSHEET

Active Start Parent and Tot Passtime - Exploration Gym

Supervision is the parental (caregiver) responsibility. This is non-instructed gym exploration. It is like taking your children to the playground. The coach is there to supervise the gym for safety and general gymnastic activity use. We are limited to a maximum of 20 participants so make sure you come early so as not to disappoint your child.

The coach is there to assist and provide direction so everything goes safely and smoothly. The coach is not there to instruct or to supervise individual children.

We will use the 3 times and you are out rule for continuous or flagrant lack of parental supervision; disregard for procedures or disruption of the program. Two verbal warnings will be logged. Written notice will follow and then after that program access will be denied with no pass refund.

We will immediately remove anyone intentionally endangering children or anyone being rude or disrespectful to other participants or the coaches.

ON ARRIVAL

✓ Dress appropriately for gym participation and safety.

Children: shorts and shirt or leotard, bare feet, long hair tied up, no jewelry, no gum, no food (if cool weather elastic bottom track pants or tights can be worn but take care when on bars)

Parent or Caregiver: comfortable clothing for activity, socks, or indoor gym shoes or bare feet; long hair tied up, no jewelry, no gum, no food

✓ Parents and Caregivers must sign the Companion Waiver for liability protection on their first visit each year.

✓ Be on Time quietly waiting with your child in lounge.

✓ Make sure children visit the washroom before class.

✓ Park in the designated lots not the front 5 minute loop.

✓ Hang up outdoors coats and leave outdoor footwear at the entrance. Bring the rest into gym when admitted.

✓ No admittance to the gym or use of the equipment without proper coach supervision.

✓ Parents may not have other accompanying children.

✓ Additional guests should view from the downstairs lounge

IN THE GYM

- ✓ The 3 F's of Active Start Gymnastics are: -Fun, Fitness and Fundamentals. Please encourage these during your exploration.
- ✓ Children should be encouraged to explore and extend their own limits not be manipulated through activity by their parent.
- ✓ Safe Age-Appropriate Activity is to be encouraged.
- ✓ Parents must supervise by being within arms' length at all times.
- ✓ Encourage exploration, playing together and sharing equipment such as these DO's and DON'TS

DO's

1. One-at-a-time/Taking Turns
2. Keeping Busy/avoid line-ups
3. Playing in Own Space

DON'TS

1. Go Over on Equipment while someone is under
2. Pushing/Shoving/Hitting
3. Run into others in the gym

- ✓ Controlled behaviors are required for safety and enjoyment. Uncontrolled racing around and yelling must be limited.
- ✓ Some areas are out-of-bounds for Exploration Gym:
 1. Uneven Bar area
 2. Double Mini
 3. 2nd tramp if another program going on
- ✓ Apparatus of higher risk requires direct supervision from the coach and is not available until a coach invites you there and remains to supervise directly.
 1. Tramp-see gym poster and AS rules below
 2. Mini Tramp-one at time and must be spotted
 3. Tumble Track-one at time
 4. Pit-see gym poster - one at a time-feet first jumps only-follow directions of coach
- ✓ Parents should check equipment for hazards as things move during use.
- ✓ Encourage your child to participate in the Fundamental Movements Skills of Landing, Locomotion, Spring, Swing, Rotation, Stationary Balance, and Object Manipulation
- ✓ Follow Coaches directions on Safety First and Gym procedures
- ✓ Read and follow the additional information on Safety First in the online Active Start Guide www.whistlerygymnastics.com or read the lobby copy.

- ✓ Follow the GBC Safety Advisory Posters in the Gym for general use, trampoline, and pit.

SAFETY

GYMNASTICS CHAMPIONS THINK SAFETY FIRST

BE PREPARED TO PARTICIPATE
 BEING HEALTHY AND NOT TIRED
 WEARING PROPER CLOTHING AND FOOTWEAR
 HAVING LONG HAIR TIED BACK
 ALWAYS WARMING UP



KEEP YOUR BODY UNDER CONTROL



UNDERSTAND THE RISK OF THE ACTIVITY



COACH'S PERMISSION REQUIRED TO

- ENTER GYM
- GO ON EQUIPMENT
- TRY NEW SKILLS
- PERFORM AERIAL INVERSIONS OR FLIPS
- LEAVE THE GYM



FOLLOW EQUIPMENT AND FACILITY SAFETY PROCEDURES



MASTER BASIC SKILLS BEFORE ATTEMPTING MORE ADVANCED



COACHING SUPERVISION IS ALWAYS REQUIRED IN THE GYM



PARENTS & SPECTATORS MUST STAY IN THEIR DESIGNATED AREA



PARTICIPATE COOPERATIVELY WITHIN THE LIMITS SET BY THE COACH



DOUBLE CHECK EQUIPMENT



BE ALERT AND SAFETY CONSCIOUS
 WATCH WHERE YOU ARE GOING
 WALK DON'T RUN
 WATCH FOR OBSTACLES OR UNEVEN SURFACES
 RESPECT OTHERS' PERFORMANCES - NO DISTRACTIONS



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TRAMPOLINE SAFETY

DIRECT COACHING SUPERVISION REQUIRED

ONE AT A TIME

BOUNCE IN THE MIDDLE

BOUNCE IN CONTROL

CONTROL BEFORE HEIGHT

PERFORM WITHIN YOUR LIMITATIONS

NO INVERSIONS (FLIPS) WITHOUT COACH'S OKAY

STOP BOUNCE THEN GET OFF SLOWLY

APPLIES TO ALL REBOUNDING APPARATUS



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PIT SAFETY

DIRECT COACHING SUPERVISION NEEDED

ENTER ONE AT A TIME

LOOK BEFORE YOU LEAP

ENTER FEET FIRST



NO FLIPPING WITHOUT COACH'S "OKAY"

NO PUSHING OR SHOVING

FLUFF FOAM UP FROM THE BOTTOM FREQUENTLY

NO DIGGING OR HIDING

DON'T THROW OR DAMAGE FOAM

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- ✓ Spotting is not the best way to ensure safety and confidence. Follow the recommendations given in the Active Start Guide.
- ✓ However, Active Start Participants **MUST ALWAYS** be spotted for
 - a. Inverted hangs
 - b. To assist down from height above their waist level
 - c. Mini tramp use

ACTIVE START ON TRAMPOLINE



WAIT FOR A COACH

AS DIRECT SUPERVISION IS REQUIRED

- CHILDREN NEED TO WALK ON AND OFF TO THE X
- CHILDREN MUST BE ABLE TO BOUNCE AND STOP ON X TO BE ALONE ON TRAMP (PARENTS SIT AT END TO INSTRUCT)
- PARENTS ARE REQUIRED TO SIT STRADDLE OR KNEEL ON TRAMP & TORSO SPOT FOR THOSE NOT YET ABLE TO STOP

At 2 Mom or Dad a straddle sit must do

At 3 "Freeze" and knees please

At 4 Alone I do much more

At 5 Bouncing higher I will try

- **USE AGE-APPROPRIATE SKILLS**

2-4 YEARS

BOUNCING ON X

STOPPING –"KNEES PLEASE" OR "MOTORCYCLE"

BOUNCE HANDS UP "WAVE AT YOUR MOM/DAD"

4 YEARS

SPOTTING

SHAPE JUMP-TUCK

BOUNCE ½ TURN -

BEGIN SEAT DROPS –NO BOUNCE

5 YEARS

SHAPE JUMP –PIKE

BOUNCE FULL TURN "AROUND THE WORLD"

SEAT DROPS

SEAT DROPS AND BACK TO FE