

# Olympia School District

## GYMNASTICS ----- SAFETY GUIDELINES

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**Prior to participating, both the student and parent must read carefully and sign.**

When a person is involved in any athletic activity, an injury can occur. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with gymnastics. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching and conditioning.
2. Perform only those skills and techniques as instructed and/or supervised by your coach.
3. Be sure all equipment is fitting properly before each day's activity. Be cautious when practicing/performing on new or unfamiliar surfaces.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for gymnastics.
6. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the practice or performance area.
7. Wear outer and under garments appropriate for humidity and temperature.
8. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
9. Hydration is essential with frequently scheduled drink breaks during practice and drinks available during all performances. Players should hydrate themselves frequently during practice and follow the coach's direction on hydration prior to and following practices and performances.
10. Notify the coach immediately if injured.
11. Practice only when your coach is present.
12. Stunts and/or routines can be dangerous if not spotted correctly while learning or not performed correctly. You must understand the requirements of a spotter and have spotters in place before attempting any stunt or routine as directed by your coach.
13. Do routines at the appropriate time so you will not interfere with other activities taking place in the same or adjoining area.

The above information has been explained to me and I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the gymnastics program.

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Student Name (Print)

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Students Signature

Date

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Parent/Legal Guardian Signature

Date