

SESSION RULES: ADULT GYM (14+ years)

OUR CUSTOMERS' WELLBEING AND SAFETY IS OUR TOP PRIORITY.
BY ATTENDING ONE OF OUR SESSIONS, YOU AGREE TO THE RULES, TERMS AND CONDITIONS SET OUT BELOW

ARRIVING & SIGNING IN

- Upon arrival, please sign in or pay for your session at reception
- Do not enter the gymnastics hall until a member of staff lets the session in

STORAGE OF PERSONAL BELONGINGS

- No outdoor footwear is permitted within the gymnastics hall
- Personal belongings can be stored in the wooden duckets within the gymnastics hall
- Please keep your personal belongings safe; South Durham Gymnastics do not accept responsibility for the loss or damage to any personal belongings left unattended on the premises

CLOTHING & JEWELLERY

- Long hair must be tied back
- Suitable clothing must be worn at all times – no denim, combat trousers or clothing with loose parts
- All jewellery must be removed before going onto the apparatus

SKILLS & SAFETY

- Only attempt skills/participate in activities that are suitable for your own ability and experience
- No double or triple somersaults
- No excessive swinging on the rings
- Please ask a coach for advice/help before attempting a new skill
- Please accept some skills will not be allowed due to insurance and qualification reasons

MEDICAL CONDITONS

To ensure a safe and inclusive environment for all participants, individuals with the following medical conditions must seek expert advice before participating in activities within our gymnastics setting. This ensures that any necessary reasonable adjustments can be made:

- Pregnancy
- Dwarfism
- Brittle Bones
- Detaching Retina
- Rodded Back
- Down's Syndrome

As a high-performance gymnastics centre with specialised equipment, we are committed to providing a safe and inclusive environment. We have a legal obligation to ensure it is safe for everyone to participate in gymnastics.

Some conditions, such as Dwarfism, Brittle Bones, Detached Retina and Rodded Spine may require medical advice or screening before participation.

Participants with Down's Syndrome must undergo medical screening for Atlanto-Axial Instability prior to participating in any gymnastic activities. This screening must be conducted by a qualified medical practitioner.

For access to the required forms or for participants with any of the aforementioned medical conditions, please contact us at gym@southdurhamgym.co.uk. A member of our team will be happy to discuss your needs and guide you through the next steps for joining our sessions.

TRAMPOLINES

- One person on the trampoline at a time
- Socks must be worn when on the trampoline

FOOD & DRINK

- No food or drink is permitted in the gym

ETIQUETTE

- Foul language, inappropriate gestures or behaviour will not be tolerated
- Please be courteous of the other participants, especially if the gym is busy

RAISING CONCERNS

- Two coaches are present throughout Adult Gym if assistance is required

FINAL NOTE

- Whilst we have tried to make your visit with us as safe as possible, you enter and use our facilities at your own risk
- If you do not agree with this notice fully, you should not enter the session
- South Durham Gymnastics reserve the right to remove anyone from the session who is not adhering to the rules