



REVEL Gymnastics 2021-22 Recreational & Training Rules

1. **Participation-** is by the session.
2. **Visitor area-** Parents are welcome to stay and watch. Due to limited area. Please limit number of spectators per family. Gymnasts are to be in your care until class or practice begins. The regulation spring floor system is in the back of the gym as well as other training equipment. A designated walk way near the coaches desk maybe used to walk to the back of the gym to view your child practice. Non participants should not wander on the floor or about the facility.
3. **Attendance-** You are expected to attend your scheduled practices. Injury or illness with prior notice can be made up. Unless absence is extended, scheduling of make-up must be done within 2 weeks of absences. Email notices and notes to Margie Barnes at barnesam@aol.com. Please do not text/ call with pictures of notices or notes.
4. **Registration forms & Tuition payments** - are due in full prior your 1st class of the session. Payments after 7th are late and will incur a \$20 late charge. Payments are accepted by check or credit card. Checks are payable to REVEL Gymnastics. An authorized credit card on file is required for every gymnast. Unless a check is received by the 1st practice of the session authorized cc on file will be charged.
5. **Appearance & readiness-** Gymnast must wear their hair up to practice. Use the restroom prior to class start. Be ready and on time for the start of practice.
6. **Preparation-** Bring a water bottle of at least 32 ounces.
7. **Dress code-** all members are required to wear a leotard, bikers, and/or leggings to practice. Socks and t-shirt are also useful depending on spotting needs. But t-shirts are not to worn alone with shorts or pants.
8. **Safety-** it is the discretion of the gymnastic staff to sit any student creating safety risk inside the gym. Time lost due to safety risks cannot be made up. This includes being disruptive in class.
9. **Injuries/ illness-** Gymnasts are not to be brought to class with injuries or illnesses. Any gymnast with an injury or illness needs to email condition to Margie Barnes at barnesam@aol.com. Injury credit will be provided with a doctor note. All doctor-withdrawn participations require a letter for permission to return 100 % to practice.
10. **In Gym Injuries** Minor injuries occur in the gym. Parents are contacted via text with details of the occurrence. Gym protocol after assessment, if minor, is treatment with rest, ice for 5-15 minutes, compression and elevation. Reassessment and return to play or stop activities. Gym protocol with major injuries include not moving gymnast, contacting parents immediately, calling 911 when parent approved, giving first aid until EMS response or parent pickup.

11. **Transportation-** Being 5 minutes early to class is fine. Parents please do not leave your children unsupervised without staff approval.
12. **Pickups** Any parent who is 10 or more minutes late to pickup will incur an \$15 late charge. Charge will be applied to authorized cc on file. Any gymnasts traveling with non-guardian please make note on your registration form with other allowed adults for pickup.
13. **Withdrawal-** No proration or refunds for current session paid after withdrawals.
14. **Cancellations-** In the possibility of closure. We will be posted all unplanned closures on the gym website at <http://www.revelgym.org>
15. **Covid-19** – REVEL recognizes the new Virginia state ordinance with mask optional policy for all gymnasts, coaches, and spectators.
16. We understand and accepted the following rules for participation.

Sign off on these terms can be found on the registration form.