

Parent's Night Out Rules & Procedures

GENERAL:

- NO outside food is permitted. If your child is on a special diet, please advise the gym prior to the event.
- All registrants will receive a Salto Water bottle, and all snacks are peanut free.

GYM ATTIRE:

- Shorts/sweats & a tucked in t-shirt, or a one-piece gym suit.
- Please make sure there are no buttons, zippers, or anything that could catch or damage equipment, or injure the gymnast.
- Hair should be secured back off the face & neck with elastics, barrettes or clips.
- All jewelry should be removed.
- Failure to follow above instructions will result in non-participation on various or all apparatuses.

FOOTWEAR:

- Bare feet or gymnastics slippers are the safest & only accepted footwear.
- If your child has any medical concerns with his/her feet i.e.- plantar warts or open sores, gymnastics slippers or athletic tape must be worn.
- No outside footwear is allowed in the viewing area.

ARRIVING FOR EVENT:

- Please be on time for the event. Tardiness disrupts the fun and jeopardizes the safety of your child.
- Children may use the washroom or change rooms for changing prior to, & after the event.
- Jackets & bags can be hung in the hallway, & shoes stored under the benches.
- Please sign your child in upon arrival and wait in the viewing area until 5:30pm when the coaches will take your child into the gym.

VIEWING POLICY:

- We ask that parents do not stay to watch. For safety reasons we close the viewing area doors.

END OF EVENT:

- Please sign your child out.

BEHAVIOUR MANAGEMENT:

- Because of the nature of gymnastics, it is very important that participants listen & behave in an appropriate manner.
- Salto Gymnastics Club follows the following steps for behavior management when participants are not acting appropriately:

1. **First offence:** A verbal warning; that next time will equal a timeout for the remainder of that rotation;
2. **Second offence:** Time out; warning that next results in a removal from the remainder of that class;
3. **Third offence:** Sit out for remainder of class.

If you have any questions regarding Parent's Night Out or the above rules, please call our office at 780-449-1518.