

Charlotte Allstars Open Gym Safety Rules

General rules

- ★ There is absolutely NO physical roughhousing. Keep hands, feet, and all other body parts to yourself. No kicking, punching, wrestling, biting, pushing, shoving, slapping, grabbing, head butting, or other contact of any kind.
- ★ There is absolutely NO verbal bullying, yelling, or fighting. Kind and respectful speech is the only acceptable interaction.
- ★ No screaming (we will think you are injured and need medical attention)
- ★ If you have a question about what you are and are not allowed to do, ask a STAFF member.
- ★ If you are a bigger/taller/older person, watch out for smaller/younger people.
- ★ Do not play/ run in hallways and restrooms
- ★ No food, drink, or gum in gym

Equipment Rules

- ★ Do not move mats, and do not make forts with mats
- ★ High bars are off limits, no use of high bars
- ★ No ringing the bells
- ★ Rope closets to inflatables is for climbing only, no swinging
- ★ Do not play with exercise equipment

Trampoline Rules

- ★ One at a time on in-ground tramp
- ★ Always jump/ tumble towards big mat (landing mat) at end of long tramp (tumbl traks)
- ★ Only get on trampolines by walking
- ★ Always STOP and walk off trampolines, never jump
- ★ No running on long tumbl traks
- ★ Do not attempt skills you are not prepared to do
- ★ Do not climb or sit under trampolines
- ★ Wait your turn on the solid ground on the sides of the trampolines and not on the covered springs. If what you are standing on is bouncy, it is part of the trampoline.
- ★ Do not go/ run across any trampolines. Please walk around

Pit Rules

- ★ Do not throw pit pieces
- ★ Look before you jump into pit
- ★ Jump to your feet or bottom only, do not land on your head or on your stomach
- ★ Do not bury yourself or dig holes
- ★ Make sure pit is clear when swinging on rope into pit
- ★ Do not run in front of rope swing
- ★ When on the pit bar, face the rope swing side of the pit. Watch out for anyone dropping from rope swing
- ★ Keep your head above pit blocks at all times

Inflatable Rules

- ★ Start at the "start" end of inflatables, moving in one direction only
- ★ No jumping, diving, running, bouncing, or flipping down the slide.
- ★ No climbing on or running up or down the slides.
- ★ Riders must go down feet-first in a seated position, one at a time.
- ★ Do not walk between walls and inflatables
- ★ Do not hang out in inflatable or at bottom of slide
- ★ No climbing on (or bouncing against) the walls, bumpers, roof, or netting.