

## Kawartha Gymnastics Club

### Health and Safety Information Document

At KGC, we care about the wellbeing and safety of our community. We need your help in keeping our athletes and families healthy! Please allow us to provide some health and safety tips:

1. Long hair must be tied back. Please avoid the use of bobby pins.
2. No jewelry is permitted in the gym (exceptions include medical alert bracelets and stud earrings).
3. Parents must come into the gym to pick up and drop off children. The parking lot is unsupervised and not safe for unattended children.
4. Please be mindful that some children may have peanut/nut allergies and do not bring any to the gym.
5. Water bottles and food are permitted in the gym provided they remain in the designated areas.
6. Please no parents within the gym. There is a viewing area with seating provided for you convenience. This decreases traffic in the gym and ensures that emergency exits are clear.
7. No socks or baggy clothing.
8. No chewing gum.
9. In order to reduce obstacles in the case of an emergency, please use the spaces provided for footwear and clothing. There is also a change room available for use.
10. Please follow all instructions given by coaches and KGC staff members in the gym at all times.

Should you notice any health or safety concerns in the gym, please speak with a KGC staff member and we will promptly address the issue. Thank you!