

Catalyst Gym Safety Policy

Attention Parents: Important Safety Guidelines!

Please review the following protocols and discuss them with your children to ensure we are all aligned on safety measures in the gym.

- Our coaching staff consists of highly trained professionals certified by the Nationally Certified Coach Program (NCCP).
- Solo use of the equipment prior to class are not permitted. A certified Catalyst Coach must be present to ensure safety.
- Only healthy gymnasts should attend class. If your child is feeling unwell, please keep them at home. Coaches reserve the right to send anyone home who appears sick.
- A medical professional may be required to clear a gymnast before their child is allowed to rejoin activities after an illness or injury.
- We kindly request that you refrain from "coaching" your child while they are in class. This can be confusing for the children, and may pose serious safety risks if they focus on their parents instead of their coach, or if they receive conflicting instructions.
- While viewing inside the gym we ask that siblings remain seated on the chairs and stay off all equipment, and keep out of the "field of play". If your child cannot stay seated, please view from the viewing room.
- Gymnastics should promote positivity. Adhere to the "Golden Rule": use kind words and maintain personal space.
- In Parent & Tot classes, only one parent or guardian per child is allowed. Siblings and/or infants in carriers must wait outside the gym with a designated caregiver.
- For safety reasons, snacks such as gum, food, or coffee are prohibited in the gym. However, sealed plastic water bottles for hydration are encouraged (please remember to take them home at the end of class).
- Photography is not permitted during class to ensure privacy. Parents will have the opportunity to take photos on the final day of classes.
- **Dress code:** Participants should wear comfortable and fitted leotards, or tight bike shorts with a snug athletic top. Long hair secured back, & jewelry should be left at home. Boys should wear athletic shorts and t-shirts. Bare feet are required.
- Please refrain from bringing valuables, as the coat area and changing rooms are unsupervised during class. Catalyst Gymnastics is not responsible for lost or stolen items.
- Parents and guardians (18 and older) **must drop off and pick up gymnasts inside the facility** for safety reasons. We will not allow children to exit alone into the dark parking lot. If you anticipate being late, please call us at **905-875-3672**.
- In the event of inclement weather, if Halton schools are closed due to snow, our daytime programs will also be canceled. We will make every effort to notify parents via email about any class cancellations. Please check our website and social media for updates if you are unsure.

- If a class is missed, we do not offer makeup classes or refunds, even in cases involving inclement weather or power outages.
- Stay informed about all the latest news by following us on social media or visiting our website at www.catalystgymnastics.ca.

We thank you in advance for keeping Catalyst a safe and positive space!