

Gymnastics Safety Guidelines

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper fitting equipment are important to the safety and the enjoyment of the sport. Most gymnastics practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury - especially to the knees, elbows, or head. Injury may include damage to joints, broken bones, or serious head and eye injury. The uneven bars may be potentially dangerous for head or neck injury.

An athlete is required to report any and all injuries that occur during practice or contests immediately to his/her coach. If a doctor is seen following an injury, the athlete must provide the coach with written instructions from the attending physician detailing restrictions and when it will be safe to return to practice/contests. Proper warm-up exercises are essential prior to participation in any strenuous activity including practices/contests.

1. Proper warm-up is essential before strenuous activity takes place.
2. Travel to/from off-campus facilities for practice/contests should take place in school approved transportation vehicles only, unless a Parent/Guardian Driver Approval form (2320F4) is on file.
3. Safety landing mats are recommended when using any apparatus and must be properly positioned. (WIAA guidelines)
4. Be aware at all times of floor surroundings, i.e., other gymnasts, obstacles, projections, bleachers, and standards.
5. Perform only those skills and techniques as instructed and/or supervised by your coach.
6. Each athlete will require an understanding of the activity in terms of appropriate technique and progression.
7. Spotters are required by all athletes attempting a new skill or one not mastered.
8. Check equipment/apparatus thoroughly before **EACH** use and make sure it is **SECURE**.
9. Contact the coach IMMEDIATELY if injured.
10. All athletes shall read printed literature regarding safety procedures as provided by the coach.



Athlete: The above information has been explained to me and I understand the list of **rules and procedures**. I also understand the necessity of using the proper techniques while participating in the **gymnastics** program.

X
Athlete's Signature _____

Date

Print Name

Grade

Parent/Guardian/Custodian: I have read the above safety guidelines.

X
Parent/Guardian/Custodian Signature _____

Date