

Student's Name (please print) _____

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC GYMNASTICS WORTHINGTON SCHOOLS

Gymnastics is a highly specialized form of competition in which stamina, strength, agility and fitness are important factors. To develop each of these attributes, gymnasts must observe and practice rules, procedures and progressions intended to enhance their safety, learning, and overall success and enjoyments of the sport.

PREPARATION FOR ACTIVITY

1. Choose practice or competitive clothing that fits properly, does not catch on the apparatus, nor restrict movement.
2. Remove jewelry, metal hair clips and head coverings.
3. Gymnasts with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception.
Glasses should be held in place with an elastic strap.
4. Grips may be helpful to prevent palm blisters for uneven bars.
5. If ill or dizzy, notify your coach. Do not practice
6. Stretch and warm up thoroughly prior to practice or competition.
7. ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.

LOCKER ROOM

1. Secure all personal belongings in your locker. Leave no valuables in locker.
2. Be alert to slippery floors.
3. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
4. Keep floors free of litter. Remember to close locker doors.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
6. Identify incidents of foot or other skin infections to coach(es) or trainer immediately.

MOVEMENT TO THE COMPETITION/PRACTICE SITE

1. Be alert to:
 - a. Stairs/ramps leading to practice/contest area.
 - b. Variations in the surfaces of gyms, hallways, and locker rooms.
 - c. Locations of bulk equipment or specific drills.
2. Be alert to location of equipment and support cables.
3. Be alert to runway locations.
4. Be alert to floor exercise areas and apparatus dismount areas.
5. Observe safety regulations on vans/buses to and from contests.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Gymnastics Program.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE

CAUTIONS SPECIFIC TO GYMNASTICS

1. Do not attempt new skills until your progression has been approved by the coach, and arrangements made for proper spotting.
2. Check all apparatus for height-width adjustments, security of safety fasteners and floor plates.
3. Check with the coach to be sure that appropriate landing mats are utilized and properly secured.
4. Chalk hands thoroughly before using bars.
5. Check for separation of the floor exercise mat.
6. No more than **ONE** gymnast is to use any piece of apparatus at a time unless directed by the coach.
7. Somersaulting activities must be practiced in progressions, from appropriate heights, and with appropriate matting. Somersaulting and/or twisting dismounts must be learned in progression and with a spotter.
8. Spring-board approaches and distances from apparatus must be developed in conjunction with the coach and checked by the gymnast before practicing and/or competing.
9. If you experience muscular fatigue or a decrease in alertness, do not attempt elevated, weight-bearing or somersaulting activities. Rest or wait until the next day.
10. If weight training is part of your conditioning program, observe all weight room safety procedures.

EMERGENCIES

Because of the nature of gymnastics, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue team to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.