

Grit Sports Training Safety Rules

Grit is a fun, exciting gym with lots of objects and things to explore. We want everyone to be safe in the gym. Don't try something new or climb on something without first asking a coach how to do it safely!

- All participants or guests must sign the GRIT Acknowledgement of Risk Waiver BEFORE entering the GRIT GYM.
- Do not enter the gym or climb on equipment without a coach present.
- No one is allowed on the equipment before, during, or after classes without a coach present.
- No chewing gum, food or drinks are allowed in the gym, except water bottles. Any water bottles must stay in the seating area.
- No jewelry (stud earrings are allowed) or loose or baggy clothing, jeans, or skirts are to be worn during classes. All hair must be pulled back away from the face.
- All participants must wait in the seating area until called onto the floor by the coach. Parents and siblings are not allowed on the mats or equipment unless they participate in the Parent & Me classes. They must stay in the seating area. If a parent is needed on the floor to console a child or in the event of an emergency, a staff member or coach will instruct them to enter the gym area.
- No playing on or around the equipment, seats, or tables.

GRIT CLASS RULES

- GRIT classes are designed to keep kids active and moving. Your coach will direct you on what to do in the gym area. If you need to go to the bathroom, get a drink, or go to your parent during class, please ask your coach's permission. GRIT coaches will also give you a break halfway through the class if anyone needs water or a bathroom break.
- Use your "inside voice" in class—no screaming or yelling, please!
- You may not run in the gym unless the coach directs you to. Future athletes must always walk around equipment as instructed by their coach. Please be aware of other classes while walking around the gym—'Look both ways, like you're crossing the street!'
- All Future Athletes must keep their hands, feet, and bodies to themselves.
- Only use or hang on equipment if your coach instructs you.
- Only one person at a time on the equipment unless instructed otherwise.
- Always land on your feet unless instructed to do otherwise.
- Keep a safe distance from others in the class so you do not get kicked or injured while someone else attempts a skill.

- Do not walk under any equipment while someone else is using it
- Do not climb or hang on the legs of beam or bar cables
- Only use the equipment as instructed by your coach, and follow their directions. Please ask your coach to clarify if you need help understanding any directions.
- Flips are only allowed if instructed to do so.
- Do not attempt any new skill by yourself! Please ask a coach if you need help, or need a spot!

TUMBLE TRACK SAFETY

- Jump in the middle of the tumble track.
- Only one person at a time.
- The tumble track will only be used with coaches' supervision.
- Never go under the tumble track
- Follow your coach's directions carefully when using the tumble track.

WARPED WALL SAFETY

The Warped Wall is an exciting element of the GRIT Gym. However, it can also be dangerous if not done properly.

- All Athletes must have a safety briefing before attempting the Warped Wall.
- No Future Athlete or Participant is allowed on the Warped Wall without permission and a coach present
- Future Athletes must be 5+ years old to attempt the 8' Warped Wall and 7+ to attempt the 10 or 12' wall.
- Proper form must be used to attempt the wall and to return to the ground.
- Dismounting from the Warped Wall involves using the BEAR method: facing down and sliding slowly back down using your hands and feet. The safety ladder should not be used unless directed by a coach and with a safety mat present.
- One at a time. Do not attempt the warped wall when someone else is on it. Wait your turn!
- Follow the coaches directions at all times.
- Parents or participants in birthday parties are not allowed to use the Warped Wall without first signing the GRIT Acknowledgement of Risk Waiver and receiving a safety briefing.

TREEHOUSE, GRIT FORT/ PARKOUR BOX/ PARKOUR BAR/ ROCKWALL

The TREEHOUSE and GRIT Fort/ Parkour Box/Bars are super fun! However, they can also be dangerous if not done properly.

- All Athletes must have a safety briefing before climbing these obstacles.
- No Future Athlete or Participant is allowed on these obstacles without permission and a coach present
- Future Athletes must be 5+ years old to climb up the TreeHouse or GRIT Fort.
- Future Athletes must be 7 + to climb on the bars.
- Proper form must be used to attempt these objects and to return to the ground.
- Dismounting from the TreeHouse involves using the BEAR method: facing down and sliding slowly back down using your hands and feet. No jumping down from any object without a coaches direct permission.
- Follow the coaches directions at all times.
- Parents or participants in birthday parties are not allowed to use any of these objects without first signing the GRIT Acknowledgement of Risk Waiver and receiving a safety briefing.