



East Kilbride Gymnastics Club

Gym Rules For Gymnasts

These basic rules have been put in place to ensure EKGC is run efficiently within the safest environment possible for all. We would appreciate your co-operation.

- All Gymnasts must participate within the rules and respect coaches, judges and their decisions.
- All gymnasts must attend and take part in the warm up. It is an essential part of the training that helps prevent injury.
- You **MUST** wear appropriate attire!
 - Girls should wear one-piece leotards. Shorts or leggings may be worn over the top of the leotard if you desire.
 - Boys should wear a t-shirt and gym shorts or Joggers.
- Long hair should **ALWAYS** be securely tied back.
- **NO** jewellery, including ear studs or body piercing adornments to be worn at anytime during training or competition.
- Always train with a positive attitude and try your hardest.
- Do not be afraid to tell the coaches if you see or hear anything in the gym that contravenes our club rules.
- Gymnasts should turn off mobile phones during training.
- Always keep the gym tidy!