



## **Perfect Storm Athletics Gym Policies & Rules**

Note: Red font indicates a new policy due to COVID-19.

### **PRACTICE & CLASS VIEWING**

Viewing is temporarily suspended. Only participants will be permitted inside the gym until further notice.

Once viewing resumes, the following will take effect:

1. Addressing your child during class or practices is not allowed.
2. Only athletes and coaches are permitted on the gym floors and equipment. Only staff and athletes are permitted to cross the purple line on the floor into the training area.
3. Please keep conversations quiet in the viewing area.
4. Spectators not adhering to these guidelines may be asked to leave the gym.
5. From time to time, Perfect Storm Athletics, at its sole discretion, may temporarily restrict viewing.

### **GENERAL GYM RULES**

1. Use of the equipment is strictly forbidden without the proper supervision of a qualified Perfect Storm Athletics coach.
2. The Supervising Coach is in charge. The Supervising Coach has the authority to refuse or expel anyone from the gym.
3. Horseplay is not tolerated.
4. Open Gym is for ages 8 and up. Anyone under the age of 8 must have a parent present.
5. All accidents/incidents must be reported to the Supervising Coach or gym manager immediately.
6. All equipment must be returned to its original place by the user.
7. Any skill which is unfamiliar to a person must not be performed without supervision by a certified coach.
8. Only cheer shoes are allowed on the gym floor.
9. Smoking, e-cigarettes, vaping, drugs (including marijuana) or alcohol are strictly prohibited. Any athlete contravening this may be immediately removed from their team and the gym. Anyone appearing to be "under the influence" will be immediately dismissed from the gym.
10. Abusive behaviour, lying, or any negative form of behaviour is grounds for dismissal.
11. Jewelry of any kind, including all body piercing jewelry, is not allowed in practices, classes or open gym. Taping of piercings is only allowed in the months of May, June, July, and August. Keep this in mind if getting a new piercing.
12. No shouting, swearing, or rude language.
13. Long hair must be tied back.
14. Finger nails must be an appropriate "sport length". Athletes whose nails are deemed too long (unsafe) will not be permitted to practice until they are cut.
15. No jeans or ripped pieces of clothing allowed while participating in a class or open gym.
16. No gum, candy, food, or drink (except water) allowed past the viewing area
17. No loose objects or equipment allowed on tumble track (balls, hoops, etc.)

18. Phones should be kept inside zipped up bags/purses while athletes are in practice participating in an activity.
19. Proper equipment set-up and safety mats must be in place at all times for all skills at all levels.
20. Perfect Storm Athletics has a nut allergy alert in effect. Nut products are not allowed at Perfect Storm Athletics.
21. Any negative behaviour towards Perfect Storm Athletics or to any other gym or team via any medium (including Facebook, Twitter, Instagram, Snap Chat, other chat boards, or any other forms of social media.) may result in dismissal from the program or being banned from the gym. In addition, athletes shall not post any compromising photos of themselves, other athletes, or coaches on any websites or social media including "fail" photos and videos.
22. Inability or refusal to follow these and other coach directives and/or rules may result in immediate expulsion from the gym. This applies to athletes, parents, and anyone visiting the gym.
23. **Anyone displaying any symptoms of COVID-19 should report this to the supervising coach and must leave the gym immediately.**

#### **Leadership:**

1. All athletes must be aware that no person has a right to be a part of Perfect Storm Athletics. It is a privilege.
2. Athletes & parents must be aware of the responsibilities required and the commitment they are making to their team.
3. Athletes must be willing to cooperate and be helpful to the coach or any person in charge.
4. Each athlete must realize the manner in which they conduct themselves while representing Perfect Storm Athletics directly reflects on the entire program.
5. Athletes must be willing to work hard, take directions, and strive for excellence.

#### **Expectations:**

1. Athletes will set and maintain the highest standards of behaviour. Any negative behaviour towards a Perfect Storm Athletics athlete or staff member, or another gym or team via any medium, may result in removal from the gym.
2. Athletes will be on time to all activities including practices, team activities, and competitions. Continuous tardiness and or absences will be grounds for disciplinary action or dismissal.
3. Athletes will maintain the proper appearance with no extremes in apparel, hair, make-up, piercings, or tattoos.
4. Athletes will come prepared to all activities. Correct practice gear is to be worn to every practice.
5. Athletes will do everything in their power to achieve personal and team goals.
6. Continuous failure to be productive at practice is grounds for disciplinary action or dismissal.
7. When absent, the athlete and parent are responsible for finding out any missed information or choreography.

#### **Safety:**

1. Jeopardizing the safety of oneself or any other member is grounds for disciplinary action or dismissal.
2. All activities in the gym must be done under the direct supervision of a coach with the exception of open gym.

#### **Parental Obligations:**

1. Any negative behaviour by a parent (or athlete) towards a Perfect Storm Athletics athlete or staff member, or another gym or team via any medium, may result in removal from the gym, and/or dismissal of the athlete and/or parent from the team or gym.
2. To follow and ensure their son or daughter is following Perfect Storm rules and expectations at all times.
3. To ensure your son or daughter is on time and attends all practices and events. Early drop offs and late pick ups must be pre-arranged with a coach as athletes cannot be left at the gym unsupervised.
4. Parents are to inform the coach or gym if the athlete is to be late or absent from practice.
5. Parents are to fulfill all financial obligations.
6. Parents are to positively encourage and support their athlete to be the best they can be.
7. Competition commitments include those activities prior, during and following the actual competition, all athletes are required to attend. If parents are unable to stay for the whole competition, other arrangements must be made so that the members can stay for the whole competition.
8. We encourage positive and open communication. If a parent has a question or issue, our door is always open.
9. **Parents should not bring their children to the gym if they are ill or displaying any symptoms of COVID-19.**

#### **LOST & STOLEN PROPERTY:**

Perfect Storm Athletics is not responsible for lost or stolen property. Look for lost items in our "Lost & Found" bin.

#### **FOOTWEAR, ATTIRE & CHANGE-ROOMS:**

The gym is an "indoor shoes only" facility. Members & visitors are all required to take their footwear off upon entering the facilities & to place it on the boot-rack in the lobby. Appropriate indoor gym shoes are only allowed in the gym.

All clothing & personal belongings must also be left in the appropriate cubbies provided for athletes. Appropriate clothing must be worn by participants at all times. Athletes may not to take off clothing during practice and leave it on the floor.

#### **CELL PHONES & FLASH CAMERAS IN GYM:**

Athletes - Use of cell phones or cameras is not allowed in the gym while taking classes or watching. Phones are to remain in zipped up bags/purses inside a cubby.

Parents - In parent viewing area phones must remain on quiet / vibrate. No flash photography.

Coaches – May use cell phones for taking attendance, checking rules, taking photos/video of athletes or teams for training purposes.

#### **RESPONSIBILITY:**

Gymnastics, cheerleading, and other activities offered at Perfect Storm Athletics may involve a certain element of risk, which may result in bodily injury (including the risk of severe or fatal injury) to the participant. Gymnastics/Stunting also requires the coach to perform some manual spotting which involves direct physical contact and which is designed to assist the participant in the safe performance of the program skills. Coaches/staff are not responsible for the children before and after class; please make sure that your child is dropped off and picked up on time. **Due to current restrictions, athletes may not enter the gym more that 5 minutes prior to their class/practice and must leave immediately after.**

There will be no spotting of skills until further notice. The only time a coach may have physical contact with an athlete is if the coach feels the athlete's safety is at risk.

**PERFECT STORM BRAND:**

The Perfect Storm Athletics brand has taken years to develop and it belongs to Perfect Storm Athletics. We regard our brand as an important element of our success. Unauthorized use of our brand, in any way, may adversely affect our business and reputation and as such, **permission to use the Perfect Storm logo, name, hash tag, slogan, or team-specific words/names on any merchandise for personal or commercial use must be obtained from the owners in writing, in advance, no exceptions.**

**PRIVACY:**

Perfect Storm Athletics' priority is to safeguard any information provided by our members. We are committed to meeting, and where possible, exceeding, the requirements of all applicable privacy legislation that relates to Perfect Storm Athletics (the "privacy legislation"). To ensure Perfect Storm Athletics is performing to the highest standards available and is complying with our legal obligations, Perfect Storm Athletics has created its own Privacy Policy. Perfect Storm Athletics' Privacy Policy applies to all of our members and addresses how we handle the personal information we have about our members which is necessary to provide service to you, administer your account, communicate with you and allow you to participate in Perfect Storm Athletics programs.

At Perfect Storm Athletics, member information is maintained as strictly confidential. Unless you authorize us to release it, or release is required or permitted by law/privacy legislation, we will not disclose information about you to any third parties. Questions or concerns related to our privacy practices should be directed to [leanne@perfectstormathletics.com](mailto:leanne@perfectstormathletics.com).