

# The Gymnast's Commitment

*As a gymnast of Tornados Gymnastics, I will abide by the following rules and regulations of the club to the best of my ability:*

1. I will listen attentively when being spoken to by a coach and attempt to do what I am asked.
2. I will treat all athletes, coaches, judges, and staff members with respect. I will not rough play, bully, ignore or exclude other athletes. I will not use abusive or crude language at any time.
3. I will wait in the changerooms to be called into the gym by the coach. The coach is the final authority in the gym, and his/her directions will be followed quickly and promptly.
4. I will do my best to inform my coach if I will be away or late with as much notice as is possible.
5. I will arrive in proper gymnastics attire with my hair pulled back with elastics and clips. Outdoor footwear is removed and placed neatly on the shoe racks at the front entrance.
6. I will keep my locker and the change room clean AT ALL TIMES.
7. After training, I will pick up my personal belongings and make sure the gym/facility is left clean and orderly. I will clean up my **chalk**, handle all the equipment in the gym with care and respect.
8. I will not eat or chew gum in the gym at any time.
9. I will not take glass containers of any kind into the gym. My water bottle will **only contain water**.
10. I will show respect for the property of others at all times. I will not use another athlete's equipment or go into anyone else's locker. I will not borrow or take another athlete's belongs.
11. I will wash my hands after bathroom use.
12. I/We understand that this is a NUT FREE facility and will not bring these products into the gym/facility. If required to **carry medication**, I will advise my coach and keep medication labeled in a designated spot.
13. I will not post pictures or comments of athletes and or coaches on social media without my coach's permission. A coach must review all pictures or comments to a post before posting.
14. Electronic devices are not permitted in the gym at any time (unless the coach grants special permission). Athletes with cellular phones may bring their phone with them but must keep it locked in their locker at all times. If the parent allows the athlete to bring their phone, you are accepting responsibility for any use. An athlete needs to ask permission from their coach to call or text their parents.
15. Jewelry is not allowed to be worn during training. **Management is NOT responsible for any lost or stolen property. Please check the Lost & Found periodically for missing items.**

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Signature of Athlete

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Date

I, the Parent/Guardian of the above signed, understand that the rules and regulations are designed for the safety and protection of participants and hereby undertake that my child will abide by these rules and regulations.

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Signature of Parent or Guardian