



GYM RULES

GENERAL RULES

- 1) Pay to play – anyone using the equipment will be charged (including parents).
- 2) No shoes in the gym at any time.
- 3) Children should remove shoes and socks to avoid slipping on the equipment.
- 4) Wipe all bare feet before entering the gym.
- 5) Do not move ANY equipment, mats or blocks without permission by DGC staff.
- 6) Please do not throw or kick anything.
- 7) No running, chasing or horse play.
- 8) Big (uneven parallel) bars and pit bar are closed.
- 9) Participants younger than 10 must be supervised in the gym by an adult at all times.
- 10) Anyone under 18 must have signed parental permission to participate.
- 11) No food, drinks or gum in the gym at any time.

TRAMPOLINE RULES

- 1) One at a time on ALL trampolines.
- 2) Jump in the middle of the trampolines.
- 3) No exiting trampolines to other trampolines or the pit.
- 4) WALK off the trampolines to the floor or to designated mat or block.
- 5) Do not play on the mats between the trampolines and garage doors.
- 6) Do not go under ANY trampolines.
- 7) If others are waiting, turns on trampoline are limited to 30 seconds.

PIT RULES

- 1) Tumbletrak users must wait on the red mat until the person in front of him/her is OUT of the pit.
- 2) No one may enter the pit except from the Tumbletrak or from specific equipment designated by DGC staff.

BEAM RULES

- 1) Participants under the age of 7 require adult assistance on the high beams.
- 2) Always jump off beams onto a mat.

KIDDIEPILLAR RULES

- 1) Do not hold doors open.
- 2) Enter through the orange, exit through the blue.
- 3) Only five children at a time in the Kiddiepillar.

THOSE WHO FAIL TO FOLLOW GYM RULES ARE SUBJECT TO REMOVAL WITH NO REFUND.