

Open Gym Rules

4 Star Tennis, Inc.

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General Open Gym Rules & Policies

1. Legal Guardians of the participants must be the ones to sign in the participants.
2. Wash/disinfect your hands before AND after Open Gym!
3. Parents/Guardians must stay with their child/children at all times.
4. Parents/Guardians are not allowed on any equipment!
5. Parents/Guardians may not move or adjust any equipment.
6. No drinks or food are allowed in the gym at any time. Please use our lobby area for drinks and snacking.
7. Anything that is taken out during Open Gym MUST be put away!
8. Open Gym is a time to practice skills that a child can already do. Please do not force, push or ask your child to attempt a skill that they are not willing to do or have not done independently.
9. No jewelry! Check pockets for change or keys. (Anything can be lost in the pit.)
10. All foam must stay inside the pit at all times.
11. When using the pit always look before you allow your child to jump. Be sure that he/she is jumping feet first or landing on his/her bottom.
12. Do not pull your child out of the pit by his/her hands/elbows, lift from under the arms.
13. Jumping off of the vault or pit bar into the foam pit is NOT PERMITTED.
14. Only one person is allowed on the trampoline/tumble track at a time.
15. Please jump in only one direction on the Tumble Tracks.
16. Parents are not permitted on the trampoline to bounce their child.
17. Please do not swing on the rope or upside down on the bars.
18. Please ensure that your child has removed their socks and shoes and has all hair pulled back out of the eyes.
19. Encourage your child to always land on their feet! Children are not permitted to jump off of anything that is taller than their height.
20. All parents and children must follow all of the rules. If the rules are not followed you will be asked to leave the facility and forfeit all fees paid.
21. Our first concern is for the safety of all those participating in the gym.
- 22. Be Safe & Have FUN!**