

# Safety First, Second, & Always

Welcome to the gymnastics gym. We want you to think SAFETY FIRST and have an enjoyable experience. *Here are five key safety tips to keep in mind DURING your training sessions.*

1.

## Dress appropriately

- Leotards are best for girls and t-shirts and athletic shorts for boys. Stay away from clothing that is too baggy, has zippers, snaps, buckles and/or strings.
- Bare feet are best.
- Jewelry should not be worn.
- Longer hair should be tied up.
- Eyeglasses should be secured.

2.

## Communicate clearly

You should understand, follow instructions, and ask questions if you are unsure about something.

3.

## Be supervised at all times

You should never get on a piece of equipment without instruction and supervision from your teacher. Your teacher is there to help you participate safely.

4.

## Know your limitations

Personal limitations may involve skill, experience, illness, injury, and other factors. You should not pursue skills or activities that exceed your current abilities.

5.

## Remember Safe Landing Positions and Safety Rolls

You should understand proper landing positions and safety rolls, and practice them with every landing. With practice these skills will come naturally to you.

### Safe Landing Position Guidelines:

- Knees should be bent. Never land with straight legs. Too deep of a knee bend, like a squat, is not good either.
- Arms should be extended to the front. The arms should be straight and should be kept level with your heart.
- The back and spine should be straight with no bend at the waist.

### Safety Roll Guidelines:

- Never try to stop your fall or brace yourself by sticking your arm out.
- If you are off balance or falling, pull your arms in and roll in the direction your body is traveling – this is a safety roll.
  - Make a fist
  - Pull your arms in towards your body and cross your chest
  - Roll in a tucked position

Being safe is the most important part of gymnastics – SAFETY FIRST, SECOND AND ALWAYS.

