**Drop In Rules**

* No "doubles" allowed due to insurance regulations
* All participants must sign in at the front desk before entering the gym
* One at a time on all equipment
* Children under the age of 7 MUST be supervised by an Adult at all times (3 children per one adult)
* No Swinging on ropes and rings.
* No spotting each other – Ask the coach on duty for progressions instead. Please note that Drop-in is for FUN and not a time for competitive training.
* Kinder equipment is off limits to adults
* No food, drinks or gum in the gym – Water bottles are ok
* Proper gym attire must be worn:
  + NO shoes or socks (cheer shoes on gym floor is ok)
  + NO hats, scarves or jewelry of any kind.
* Academy of Gymnastics is not responsible any of personal belongings
* Respect all staff and coaches
* Clean up and respect all the equipment you have used