

Safety, Expectations & Gym Rules

A clear guide for athletes and families

At Blue Angels Gymnastics, safety and athlete well-being come first. These expectations and rules help us create a positive, organized environment where every child can learn, grow, and belong.

Our Commitment to Every Athlete

Families can expect Blue Angels coaches and staff to:

- Prioritize athlete safety above all else.
- Teach skills through age-appropriate progressions and proper supervision.
- Treat athletes with kindness, dignity, and respect.
- Encourage effort, perseverance, confidence, and good sportsmanship.
- Communicate professionally with families.
- Create an inclusive environment where each child is valued.
- Continue developing their coaching knowledge and safety practices.

Athlete Expectations

Athletes are expected to:

- Listen when coaches are speaking and follow directions promptly.
- Stay with their assigned group and use equipment only with coach permission.
- Keep hands, feet, and personal belongings to themselves.
- Treat coaches, teammates, staff, and other families with respect.
- Use positive language and encourage teammates.
- Try their best and communicate when they feel hurt, unwell, afraid, or unsure.
- Help protect the gym by using equipment appropriately.

Mistakes are part of learning. Unsafe, intentionally disruptive, disrespectful, or harmful behavior is not.

Parent and Guardian Expectations

- Arrive on time and pick up athletes promptly at the end of class.
- Notify staff of injuries, illnesses, allergies, medical needs, or other concerns that may affect participation.
- Encourage effort, confidence, and progress rather than perfection.
- Allow coaches to coach without calling instructions, corrections, or demonstrations from the viewing area.
- Speak respectfully to athletes, coaches, staff, officials, volunteers, and other families.
- Address questions or concerns with staff before or after class, not during instruction.
- Supervise all non-participating children in the lobby and viewing areas.

Gym Rules

These rules apply to all recreational, team, camp, clinic, and special-event participants unless a program-specific exception has been approved.

1. Athlete Dress Code

Athletes must wear fitted, comfortable clothing that allows safe movement. Leotards, athletic shorts, leggings, and fitted athletic tops are appropriate.

Not permitted: jeans, skirts, dresses, loose or oversized clothing, or garments with zippers, buckles, buttons, or large decorations that may catch on equipment or interfere with spotting.

Long hair must be secured away from the face. Large bows, hard clips, or accessories that interfere with rolling or tumbling should not be worn.

2. Jewelry and Personal Items

Jewelry is not permitted on the gym floor. This includes earrings, necklaces, bracelets, rings, watches, smart watches, and similar items.

Jewelry can catch on equipment or injure an athlete or coach during spotting. If jewelry cannot be removed, the athlete may be required to sit out any activity that cannot be completed safely.

Food, gum, candy, toys, electronics, and unnecessary valuables must remain off the gym floor. Labeled water bottles are encouraged.

3. Shoes and Gym Access

Athletes participate barefoot unless otherwise instructed by a coach. Shoes and outerwear must be stored in the designated area.

Only participating athletes and authorized staff may enter the gym floor unless a coach specifically invites a parent or guardian onto the floor.

4. Toileting and Diapers

Athletes enrolled in independent gymnastics classes must be fully toilet trained and able to participate without wearing a diaper or pull-up.

Diapers or pull-ups may be permitted only in designated parent-participation, adaptive, or otherwise approved programs. Families should have children use the restroom before class whenever possible.

5. Illness and Injury

Athletes should remain home when they have a fever, vomiting, diarrhea, a contagious illness, or any condition that prevents safe participation.

Athletes must tell a coach immediately if they are injured, dizzy, unwell, or unable to continue safely. Staff will provide appropriate first aid and contact a parent or guardian when necessary.

6. Arrival, Class Dismissal, and Pick-Up

Athletes should arrive 5-10 minutes before class and wait in the designated area until invited onto the gym floor.

Parents and guardians are responsible for prompt pick-up at the scheduled end of class. Blue Angels does not provide unscheduled childcare before or after programs.

7. Parent Viewing and Coaching from the Stands

Parents and guardians must remain in designated viewing areas and allow coaches to provide all instruction during class.

Calling corrections, giving directions, signaling, demonstrating skills, or attempting to coach from the stands is not permitted. Multiple sources of instruction distract athletes and may create a safety risk.

Staff may ask a parent or guardian to step away from the viewing area if sideline coaching continues after a reminder.

8. School Bus Drop-Off

The local school district transports athletes to Blue Angels for designated 4:00 PM classes. Bus transportation is available only to athletes who are registered for a class or approved program beginning when the bus arrives.

- Parents may not instruct a child to ride the bus to Blue Angels solely as an after-school pick-up location.

- Children may not ride the bus to the gym on days when they do not have a scheduled class or approved supervised activity.
- Blue Angels staff cannot provide unscheduled supervision for children who are not participating in a program.
- If a child arrives without a scheduled class or approved arrangement, a parent or emergency contact will be called for immediate pick-up.
- Repeated violations may result in loss of bus transportation privileges.

Blue Angels is not licensed or staffed as a school-age childcare program. Staff supervision begins with the athlete's scheduled program and ends when that program concludes.

9. Facility and Spectator Conduct

- Non-participating children must remain supervised and may not play on gym equipment.
- Families must follow staff directions and respect restricted areas.
- Trash should be placed in receptacles, and damage or unsafe conditions should be reported promptly.
- Negative, hostile, threatening, or abusive comments toward athletes, coaches, staff, officials, volunteers, or other families are not acceptable in person, online, or at events.
- Photos or videos should not include other children without permission.

Disciplinary Policy

Blue Angels uses discipline to restore safety, teach appropriate behavior, and protect the experience of all athletes. Whenever practical, consequences will be age-appropriate, related to the behavior, and communicated calmly.

Step	Response	What It Means
Step 1	Coach redirection	The coach gives a clear reminder, redirects the athlete, and reviews the expected behavior.
Step 2	Brief removal from activity	The athlete may sit out a station or activity until they are ready to participate safely and respectfully.
Step 3	Parent communication	A coach or staff member speaks with the parent or guardian and documents the concern when appropriate.
Step 4	Behavior plan or meeting	For repeated concerns, Blue Angels may require a meeting and a written plan outlining expectations, supports, and consequences.
Step 5	Suspension or removal	Serious or continuing violations may result in suspension, removal from a class or program, loss of viewing or bus privileges, or termination of enrollment.

Blue Angels may skip steps when conduct creates an immediate safety risk or involves aggression, bullying, harassment, threats, property damage, leaving supervision, repeated refusal to follow safety directions, or other serious misconduct.

Consequences may also apply to parent or spectator behavior. Depending on the circumstances, a parent may be asked to leave the viewing area, attend a meeting, lose viewing privileges, or have the family's enrollment reviewed.

Communication and Concerns

Questions about class placement, coaching, safety, behavior, or policies should be directed to the coach or gym leadership before or after class or through the approved communication channel. Instruction should not be interrupted except in an emergency.

Families are encouraged to raise concerns promptly so they can be addressed respectfully and constructively.