



ADULT OPEN GYM RULES

- 1. MINIMUM AGE IS 18.**
- 2. ALL PARTICIPANTS MUST HAVE A WAIVER SIGNED TO BE PERMITTED ENTRANCE INTO THE GYM.**
- 3. NO GUM, BELTS, STREET CLOTHES, JEWELRY (WATCHES, DANGLING EARRINGS, NECKLACES, CHAINS, OR RINGS) OR SHOES ARE ALLOWED IN THE GYM.**
- 4. NO TRAMPOLINE USE IS PERMITTED. ONLY PARTICIPANTS IN A REGISTERED PROGRAM AT KSG AND/OR MINIMUM NCCP LEVEL 1 COACHES ARE PERMITTED ON WHITE BED TRAMPOLINE.**
- 5. NO HEAD FIRST OR STOMACH FIRST LANDINGS INTO THE FOAM PIT. ALWAYS LAND FEET FIRST OR ON BACK.**
- 6. NO SWEARING OR OFFENSIVE LANGUAGE.**
- 7. PERSONS UNDER THE INFLUENCE OF ALCOHOL OR DRUGS, INCLUDING CANNABIS, WILL NOT BE PERMITTED ENTRY.**
- 8. IF YOU NEED CHALK, YOU MUST REQUEST IT FROM THE SUPERVISOR. YOU ARE RESPONSIBLE FOR CLEANING UP THE MESS AT THE END OF THE NIGHT.**
- 9. PLEASE RESPECT THE EQUIPMENT AND THE OTHER PARTICIPANTS. PLEASE HELP PUT EQUIPMENT BACK IN ITS ORIGINAL SPOT AT THE END OF THE NIGHT.**
- 10. OPEN GYM IS ON A FIRST COME FIRST SERVE BASIS. TO KEEP EVERYONE SAFE, THERE ARE A MAXIMUM NUMBER OF PARTICIPANTS ALLOWED IN THE GYM AT ONE TIME.**
- 11. THE SUPERVISING COACH HAS FINAL AUTHORITY ON ALL MATTERS AND HAS THE RIGHT TO REMOVE PARTICIPANTS WITHOUT QUESTION FOR INAPPROPRIATE BEHAVIOUR IN THE GYM.**