



# Salto Gymnastics

Box 57013, 2020 Sherwood Drive  
Sherwood Park, AB T8A 5L7  
Phone: (780) 449-1518 or Fax: 449-0601  
askus@saltogymnastics.com  
[www.saltogymnastics.com](http://www.saltogymnastics.com)

---

Welcome to Salto Gymnastics! We are proud to state our recreational program follows the fun, fitness, and fundamentals philosophy. Our main focus is to make the classes fun for all our participants. We are also dedicated to keeping participants very active (fitness) while teaching gymnastics skills that are both safe and technically correct (fundamentals).

To ensure you and your child are as well prepared as you can be for your gymnastic experience, please make note of the following:

## **GYM ATTIRE**

- One-piece gym suits are best for girls, shorts/sweats and a tucked in t-shirt is best for boys (and totally acceptable for girls).
- Please make sure there are no buttons, zippers, or anything that could catch on equipment, or injure the gymnast during their lesson
- Hair should be secured back off the face and neck with elastics, barrettes or clips.
- All jewelry should be removed
- Failure to follow above instructions will result in non-participation on various apparatuses; such as the tramp, green pit, bars, and beam.

## **PARENT ATTIRE FOR PARENTED CLASSES:**

- Track pants, sweat pants, or gym shorts (no buckles, zippers, snaps etc. as these may catch the equipment)
- T-shirt, sweatshirt, tank top etc.
- No shoes in the gym. Socks are OK for parents.
- Parents should come prepared to ACTIVELY participate in the class.

## **FOOTWEAR**

- Bare feet or rubber bottom slippers are the safest and only accepted footwear
- If your child has any medical concerns with his/her feet ie- planters warts or open sores, rubber bottom slippers or athletic tape must be worn
- No outside footwear is allowed past the viewing area.

## **ARRIVING FOR CLASS**

- Please be on time for all classes. Tardiness disrupts the class and jeopardizes the safety of your child.
- Children may use the washroom or change rooms for changing prior to, and after the class
- Jackets and bags must be hung in the hallway, and shoes stored under the benches
- Children should must in the designated viewing area until their instructor calls their class in.

## **VIEWING POLICY**

- Everyone is welcome to watch. ONLY REGISTERED STUDENTS ARE ALLOWED OUTSIDE THE VIEWING AREA. Please refrain from any communication with class participants during class time.
- Please do not sit on counters or walls in viewing area
- Feel free to use toys/books/magazines. Please return them to their place when finished.
- This policy is for the safety for both the viewers and the participants.

## **REFUNDS, MISSED CLASSES AND CANCELLATIONS**

- All classes are subject to registration and may be cancelled one week prior to the start date
- Cancellation before first class = refund of class fee minus a 10% administration fee
- Cancellation before third class = refund of class fee minus a 20% administration fee
- There will be NO refunds after the start of the third class
- There are no make up classes for days missed by participants
- Any cancellations for weather or unexpected events will be made up by Salto at the end of the session
- There will be a \$10 administration fee for NSF cheques returned from the bank.

## **BEHAVIOUR MANAGEMENT**

Because of the nature of gymnastics, it is very important that participants listen and behave in an appropriate manner. Salto Gymnastics follows the following steps for behavior management when participants are not acting appropriately:

1. **First offence:** A verbal warning; that next time will equal a timeout for the remainder of that rotation
2. **Second offence:** Time out; warning that next results in a removal from the remainder of that class
3. **Third offence:** Sit out for remainder of class: child will be asked to rethink behavior for next class.

**QUESTIONS OR CONCERNS?** If so, please contact the office at 449-1518. If nobody is available please leave a message, or phone us back, and we will contact you as soon as possible.

### **Attention Mat Mice and Gymnastics Parents:**

Please be sure that you and your participating child(ren) adhere to the following guidelines for the safety and enjoyment of yourself, your child(ren) and all other Salto participants.

#### **Spotting Technique:**

Always hold your child just above the waist

- This is where your child's centre of gravity is
- This position will leave hands and feet free to touch, grab, hold, climb and extend for balance
- The most common injuries in young children are to their joints (ie-elbow and shoulder dislocation). This spotting location will reduce the risk.

#### **Pit Rules:**

Salto has a state of the art, exciting landing pit. To keep this expensive piece of equipment in good condition, all users MUST follow these rules:

- Maximum 2 children and 1 adult at a time
- Adults may NOT jump on the pit like a trampoline, but MAY bounce on their hands and knees
- All landings on to your feet from a height MUST be on to a mat

#### **Stay with the coach:**

- Parents must make every attempt to keep children on the same rotation with their group at all times.
- Children could run into danger by wandering off
- When children are in older un-parented classes, they will be expected to know how to stay with the coach

#### **Trampoline:**

- Only ONE child (and parent if necessary) allowed on the trampoline at a time
- To avoid shaken baby syndrome, parents are NOT allowed to give child "air" while bouncing with them.

#### **Siblings attending classes:**

- Only children registered in the class are allowed in the gym.
- Exceptions are babies confined to bucket car seats or in slings or carriers.
- Older siblings (under age 14) must remain in the viewing area for the duration of the class.

#### **General:**

- Please bear in mind that while sometimes young, our coaches are certified and fully qualified to coach these lessons. The coaches will coach TO the parents. Parents are responsible for active supervision of their child and for helping and encouraging the child through each activity.