

Parents/Guardians,

To help minimise disruptions during gym classes, please ensure your child is here on time, ready to participate.

Before the class starts, children should:

* Go to the toilet and wash hands following our 6 step guide below:



- * Remove earrings and other jewellery
- * Have hair tied up (if 'long')
- * Be suitably dressed (no jeans, zips and buttons on trampoline)
- * Have a drink ready with a lid to prevent spillages

If a child has an injury which may affect their participation, this should be made known to the coach at the start of the class, by the parent or guardian at that time.

Thank you for your assistance with keeping the classes running smoothly, safely and enjoyable.