



SXL GYMNASTICS – Club Rules

SXL is committed to providing the best possible environment for our students. Students, family and friends should be familiar with SXL Club Rules & Policies and ensure they are respected when visiting our gymnastics centre.

Arrival/departure times for classes:

- **Arrival** – SXL students should arrive at the SXL Centre no more than five minutes before the start of class.
- **Departure** – SXL students should depart the SXL Centre no more than five minutes after the end of class.

Parent supervision:

- **Supervised arrival and departure from classes** – Parents must actively supervise the safe arrival and departure of their children to and from the front door of our centre. Hold hands, watch for traffic and exercise caution.

What to wear:

- **SXL class uniform** – SXL students are required to wear the correct uniform to all classes.
- **Dress code and presentation** – SXL students should be guided by their coach/instructor regarding appropriate dress codes for their specific activity. Note: Long hair must be tied back with a hair tie. Jewellery (including rings, watches, bracelets, etc.) must be removed before classit is recommended valuable items be left at home.

What to bring:

- **Water bottle** – Students must bring their own clearly labelled water bottle to each class. During warmer weather and/or active exercise, students are encouraged to drink and rehydrate at least every 20 minutes.

Within the Centre:

- Registered SXL students only permitted in the gymnastics floor area
- **Follow coach instructions** – your coach is here to help keep gymnastics safe.

Injuries:

- Please advise staff **prior to class** if a student has any injury, regardless of how minor (bruising, sore muscles, cuts etc.). The coach may adjust the program if required.

SXL Gymnastics & Sports Acrobatics Australia Pty Limited. ABN No: 26168236968