

## **Kids Night Out SAFETY Rules**

### **THESE RULES APPLY TO PARTICIPANTS OF ALL AGES**

#### **General Behavior**

1. There is absolutely NO physical roughhousing. Keep hands, feet, and all other body parts to yourself. No kicking, punching, wrestling, biting, pushing, shoving, slapping, grabbing, head butting, or other contact of any kind.
2. There is absolutely NO verbal bullying, yelling, or fighting. Kind and respectful speech is the only acceptable interaction.
3. DO NOT RUN in the back gym, except on the vault runways near the garage doors. You may run for tumbling in the front gym.
4. DO NOT play chasing/tag games of any kind anywhere in the gym, unless organized by a staff member.
5. If you have a question about what you are and are not allowed to do, ask a STAFF member.
6. If you are a bigger/taller/older person, watch out for smaller/younger people.

#### **Equipment**

1. STAY OFF the two highest balance beams and bars.
2. DO NOT land on your head on any surface.
3. Make sure there is a soft mat under you to land (on your feet).
4. You MAY use the mats and shapes IF you know how to use them.
5. Only use ninja equipment under the supervision of a staff member

#### **Foam Pit**

1. When jumping in the foam pit, land only on your feet or on your rear end. DO NOT land on your head or on your stomach.
2. When jumping in the foam pit, look before jumping. DO NOT land on any other person.
3. Keep your head above the pit blocks at all times.
4. DO NOT throw foam pit blocks at anyone.
5. DO NOT flip or jump backward into the pit from the spotting platform.
6. DO NOT bounce from the white trampoline into the foam pit.
7. DO NOT perform double flips of any kind.

#### **Trampolines**

1. Only get on the trampolines by walking.
2. DO NOT jump from the white trampoline to the floor.
3. DO NOT jump from the white trampoline into the pit.
4. Only ONE individual may be on the trampoline at a time.
5. Wait your turn on the solid ground on the sides of the trampolines and not on the covered springs. If what you are standing on is bouncy, it is part of the trampoline.
6. DO NOT attempt skills you have never tried before. Take a class.
7. DO NOT perform double flips of any kind.