



## **Open Gym Rules & Regulations**

Every guest at Platinum Sports Center **MUST** have a current Release of Liability and follow all Rules and Regulations set forth by Platinum Sports Center. To ensure a pleasant experience for all guests, we reserve the right to remove any attendee who demonstrates poor and improper behavior such as:

- Fighting
- Foul Language
- Harassment or Bullying
- Intentional damage or destruction to equipment
- Intoxication of any kind
- Disrespect to self, other participants, and staff
- Theft, stealing, or fraudulent entry into facility

### **THE FOLLOWING RULES PERTAIN TO THE GYM/LOBBY/SPECTATOR AREAS:**

- No jeans, jewelry, or watches
- No cellphones, keys, or any objects in pockets
- No food, candy, gum, and drinks allowed in the gym and parkour areas
- No physical contact between participants. This includes wrestling or tackling
- No jumping over railings, stairs, running in lobby
- No entering the hallway, office, or classroom at anytime
- No going outside without an adult

### **GYM AND FOAM PIT AREA**

- Land Feet first on mats and in the foam pit
- No skills/tricks should be attempted without ability to perform safely and properly
- No stacking springboards on mats, standing on or jumping off barrels, or building forts with the mats
- No picking or pulling at foam cubes, padding, or matting

### **PARKOUR AREA**

- No use of high walls/rooftops without prior registration/experience in intermediate classes
- Closed toed Lace up shoes **MUST** be used in ALL parkour areas

### **TRAMPOLINE AREAS**

- No double bouncing
- No sitting or lying down
- No tricks or skills over the designated trampoline dividers
- No hanging, climbing, or sitting on backboards, carpeted walls, or netting at any time

### **ANY VIOLATION WILL RESULT IN THE FOLLOWING 3 STRIKE RULE**

1. Warning, review of rules
2. Letter to parent or guardian
3. Suspended for six months or permanently from participating in open gym