



CRYSTAL LAKE PARK DISTRICT
An IAPD/IPRA Distinguished Agency

Crystal Lake Park District Gymnastics General Guidelines

Welcome to the Crystal Lake Park District Gymnastic program. This class will be a structured gymnastics class. Our gymnastic program follows United States Gymnastic Federation (USGF) safety and skill guidelines. This class requires participation on behalf of your child. This program is designed to help your child physically (physical skills, flexibility, body awareness and strength), mentally, and socially (listening skills, interaction with other children and following directions).

There are safety guidelines we expect you to know and follow for your child's protection. Safety is our first priority!

- **Please escort children to and from the building no matter what the age. Do not drop off your child and instruct them to go into class by themselves.**
- **Students will not be allowed to leave the building unless a parent escorts the child from the building. Students will be required to wait in the building with the instructor until you arrive.**
- **Parents are to stay with their children until the instructor begins the class.**
- **Students are not allowed in the gym without an instructor and never on equipment unless an instructor is with the group/child.**
- **Any misbehavior will not be tolerated. Time outs will be used. If a time out is not effective, a parent will be informed and the behavior must change.**
- **All students must stretch out before participation in class to avoid any muscle injuries.**
- **Parents and extra sibling are asked to wait in designated area while class is in progress.**

If class has already begun parents are to escort the child into the main gym area and inform the instructor that they are there. For younger children or children who have never taken classes before it is suggested that parents remain in the waiting area of the building for the first two classes.

The instructor(s) will arrive 10-15 minutes before the start of any class to begin preparing for the class. The instructor will announce to the parents when they are ready to have the students start class.

Participation in class is important for the safety of all students. We encourage parents not to stay for the class, as it is a disruption to the class and distraction to the students. If your child is afraid to try a trick, they will not be forced to try the trick. The instructor will encourage them to try something else.

All students must stretch out before participation in class to avoid any muscle injuries. It is important that all students be on time as the first 10-15 minutes of class starts with stretching. If any child comes to class during or after stretching they will be required to complete the stretching exercises prior to working on any gymnastic apparatus or attempting any gymnastic tricks. Again, this is to avoid any muscle injuries.

On the first day of class for any session longer than 4 weeks each child will be evaluated and placed in a group according to skill level. The students will stay in these groups for the duration of the session. The Bouncing Bears (Preschool 3-4 years) students will follow the preschool program skill level, which includes the basics of gymnastics. The Rocking Rollers (Pre-kindergarten and kindergarten 5-6 years) will be learning Levels 1 and 2 of the USGF skill guidelines. The Jumping Gymnasts and Twisting Tweeners classes will learn levels 1, 2, 3 or 4 depending on their skill level. **All students have to master certain routines/tricks on each piece of equipment before being placed in the next level/class.**

Please, have your child take his or her bathroom break before class. The bathrooms are located in the area just outside of the multi-purpose room. **All students must be toilet trained to participate in 3 & 4-year-old classes. (pull-ups are allowed)**

Food and beverages (except water in a water bottle) will not be permitted in the building at any time. This includes snacks of any kind, juice/pop and candy/gum. If your child requires a snack or juice/pop please give the snack/juice to your child outside of the building.

If a class is to be canceled for any reason other than a School District 47 snow day, you will be called before the scheduled class. If School District 47 is closed for a snow day the Park District will cancel all gymnastic classes and you will not receive a phone call. If you have questions on if a class is cancelled please call 459-PARK. There will be a makeup class scheduled for any cancelled class at the end of the session.

A class evaluation sheet will also be handed out to parents. We encourage all parents to fill out the class evaluation sheet and either give it to the instructors or mail/drop it off at the park district administrative office. These evaluations give us feedback on the classes and will help us improve the classes when necessary.

Participation in gymnastics activities involves motion, rotation and height in a unique environment and as such carries with it a reasonable assumption of risk.

If you have a question or concern, please don't hesitate to talk to one of the instructors before or after your child's class or Connie Cooke, Recreation Supervisor at 815-459-0680 Extension 213.

Dear Parents:

Our gymnastics program, here at the Crystal Lake Park District is safety oriented. We do need your help, as a parent, with the following. There is a certain type of gymnastic attire required for the safety of your gymnast. Please dress your gymnast accordingly:

GIRLS ATTIRE

- Leotards, elastic waist shorts or pants, sweat suits, warm ups, T-shirts either long sleeve or short sleeves.
- No leotards with skirts, tutus, or suspenders on them or baggy clothes. The extra material is dangerous for the gymnast. The material can get wrapped around the bars, beam or hinder in the spotting. Please make sure that the sleeves do not hang past the wrist of the gymnast.
- No tights. Footed tights are very slippery and do not provide a firm footing. Both types of tights are slippery on the legs and knees for the child on the beam and vault causing them to slip.
- No jeans whether it be shorts or pants, overalls, or belts. The jeans have snaps and zippers that can chip or scratch the bars, beam, vault, coach or gymnast. The same goes for belt buckles.

HAIR

- If the gymnast's hair is long enough to tie up, please do so, at the nape of the neck, We will tie all hair that isn't put up with a regular rubber band?
- If the gymnast doesn't wish to tie up her hair or keep it up the gymnast will not work out. The long hair is dangerous for the gymnast and coach. It hinders the performance of the gymnast and the spotting.

FOOTWEAR

- The gymnast can wear non-skid sole socks, gymnastic shoes, or ballet slippers. Non-skid sole socks prevent the gymnast from slipping and provide them with a firm footing.
- No gym shoes or other shoes should be worn. The gymnast will be unable to perform properly as shoes decrease the feel of a proper landing and cause damage to the equipment.

JEWELRY

- All gymnasts and instructors will be asked to remove all dangle earrings, rings, watches, bracelets and necklaces. Post earrings are acceptable. Jewelry is a hazard to the equipment, gymnast and coach. The jewelry can scratch the equipment, gymnast and coach or get caught on the gymnasts or coaches clothing or hair.

- We are not responsible for lost or stolen jewelry. If the gymnast doesn't wish to remove their jewelry, the gymnast will not work out.

BOYS ATTIRE

- Elastic waist shorts or pants, sweat suits, warm-ups, T-shirts either long sleeve or short sleeve.
- No baggy clothes. The extra material is dangerous for the gymnast. The material can get wrapped around the bars, beam or hinder in the spotting. Please make sure that the sleeves do not hang past the wrist of the gymnast.
- No jeans whether it be shorts or pants, overalls, or belts. The jeans have snaps and zippers that can chip or scratch the bars, beam, vault, coach or gymnast. The same goes for belt buckles.

If you have a question or concern, please don't hesitate to talk to one of the instructors before or after your child's class or Connie Cooke at 815-459-0680 Extension 213.

Thank you for your support.

Gymnastic Staff