

# Falcon Gymnastics Party Rules

We are excited to be hosting your party and look forward to welcoming you and your friends.

To keep everyone safe and happy we do have a few rules we ask you to read and follow:

## Gymnast's-Safety

It is important to recognise that performing gymnastics activities is not completely free from risk.

Please speak to a member of Falcon staff prior to the start of the party if your child has any health or medical condition that that you believe may affect their ability to participate safely during the party.

By consenting for your child/children to attend a Falcon party, please ensure that you have read and understood these rules.

## Listen to the Coaches

Before commencing any activities, our coaches will explain to all participants how to safely use the equipment.

Our coaches are here to keep you safe and make sure you have a great time — please follow their instructions at all times.

- Socks Off, Smiles On! Bare feet only in the gym. No shoes or socks, zips or buckles please! T shirts, shorts, leggings are perfect to wear. Also don't forget to remove all jewellery, and long hair should be tied back.
- Be Kind, Take Turns - Share equipment and be respectful of others.
- It is important you have told your child/children not to attempt any tricks or skills that are not comfortably within their own skill levels. Please ask them to speak to a coach if they are unsure.

## Parents

**Please supervise siblings who have come to watch.**

This is for everyone's safety.

## No Smoking Please

Smoking or vaping is absolutely forbidden on any part of the school site, inside or outside. Thank you for your co-operation and understanding.

## Set Up

As party host, you are welcome to arrive 30 minutes prior to the start of the party to set up your party food in our designated **Party Food Room**. We will provide tablecloths, but please feel free to bring your own and add any balloons or banners.

Helium balloons must be weighted, as if they do float to the very high ceilings, they could set off the fire alarms.

On arrival, party guests will go straight to the gym hall, where the coaches will entertain them until everyone has arrived and the party can begin.

### **No Food or Drink in the Gym Area**

Please keep all snacks and drinks outside the gym space. We want to keep our equipment clean and safe for everyone! (Water is allowed in the gym hall.)

### **Party Ends, Then Clean-Up Begins!**

We kindly ask that the gym is vacated within 20 minutes of the party ending. This helps us stay on schedule for locking up.

We will provide sacks for your rubbish and are happy to dispose of these for you as long as they are separated into:

- Food waste only
- Cardboard
- Other non-food waste items

We hope you have a wonderful Party!

Any questions or queries please don't hesitate to contact either  
Amelia Kermez – 07850 470247 – [amelia.falcongym@gmail.com](mailto:amelia.falcongym@gmail.com)  
Mel Hale – 07514 366894 - [mel@falcongym.com](mailto:mel@falcongym.com)

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