

MPT Gym Rules

All participants and their parents must read and sign the Gym Rules. **Female** students must wear leotards; they may wear shorts over leotards. No tights, socks, or pants. Hair needs to be securely tied back. No barrettes. Male students must wear shorts (none that are slick) and a t-shirt. Shorts cannot have zippers or buckles. No socks or pants. **(No out side Shoes in the gym!)**

1. No body jewelry of any kind.
2. **No food, gum or drinks in the gym! EVEN WATER!**
3. Students must show self-discipline. No goofing off. Keep your hands to yourself.
4. NO fighting. You fight you are Gone! No refund.
5. If you are too sick to go to school, **DO NOT COME TO CLASS.** If you have a **fever you must wait 24 hours** and then you may come back. **NO MAKE UPS!**
6. Report any recent tissue or bone damage, as well as any fungal infections in writing
7. One person at a time on the equipment and only with instructor supervision.
8. Mis-use of equipment will result in dismissal from class after one warning.
9. Only children enrolled in the class may be on the gym floor or on equipment. No persons that are not signed up with MPT will be allowed out in the gym. **Viewing in main office only!**
10. Pick-up after yourself and your guests.
11. Bring your own dressings. (Tape, braces, etc.)
12. Parents and students are responsible for remembering class days and times. **Students that show up more than 10 minutes late for class will not be allowed to attend that class. The reason for this is the student has missed most of the warm-up and is at greater risk for injury.**
13. **Home School parents** must be responsible for making recipes / paper work for reimbursements. (Give to MPT staff to view before staff signs off and copies made for file. As of 4-1-06 any and all home school children must be signed up for class for the school year! No refund to anyone that leaves during the school year.
14. **Parents need to make sure children use MPT restrooms properly. Toilet paper must be used, and we need to hit the toilet bowl.**

15. **When we are getting ready to do a demo / show anyone that is not in the program must drop off student, and return later for the performance.**
16. **Anyone not in MPT programs must wait out in the front office for liability reasons.**
17. Parents must call Amy Moore @ 841-9723 with any and all feed back on the gym. This helps classes have full attention on every student.
18. Class volumes are 8 students to 1 instructor Levels Beg-Int, Int (hard) 10 students to 1 instructor, and Advance – Elite 14 students to 1 instructor / 1 trainer. Students that come 1 time a week must keep up skill level Advance – up. **With in the 1st month of moving up to Advance level student must have the backhand spring with no spot!**
19. **Boot Camps are seasonal with all sign ups parents must fully understand we have personal trainers to push students. This is the hardest class in the gym. You want it? Come and get it!**

Parent Signature _____

Student Signature _____

If student is too young to read please take the time to go over the rules, as it will help us keep the gym safe. Thank You! MPT