


WARNING

Any activity involving motion or height creates the possibility of serious injury, including permanent paralysis and even death from landing or falling on head or neck.

ALL PINS must be INSERTED into CONNECTING PLATES BEFORE using this floor. Failure to do so may cause serious injury as a result of the panels separating.

This floor must be **COVERED** by a **PROTECTIVE** pad that has a **MINIMUM THICKNESS** of 1-1/4" before it can be used. Failure to do so may result in a serious injury.

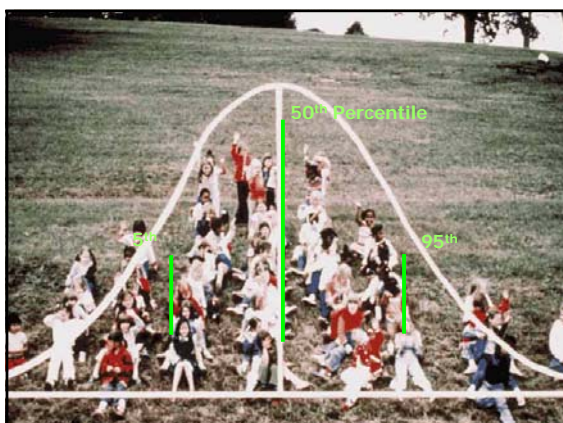
Fasteners must be checked for tightness at least once a month. Failure to do so may result in serious injury.



Menlo Park Gymnastics

Children First, Gymnastics Second, Safety Always.

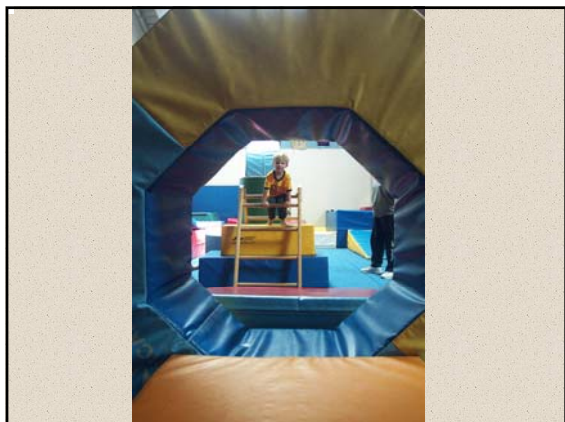
- Our mission is to create a class experience in which children experience happiness, the joy of movement, and the satisfaction of success. In a fun and exciting format, children will be challenged to think and then respond with a purposeful controlled movement, thereby improving sensory functions and developing a positive self-image. We offer a safe and enjoyable environment in which our students may learn gross motor, fine motor, social, and language skills. Our goal is to help our children learn the health benefits of physical activity, proper nutrition, and the discipline and pleasures of participating in an artistic sport; Good eating and sleep habits, and a well-balanced lifestyle including school, friends, social responsibilities, and gymnastics!



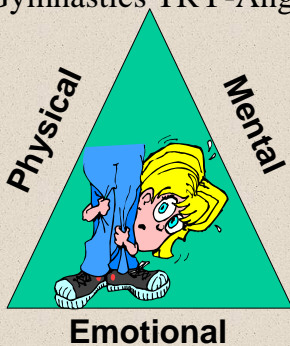
Legal Duties of Coaches

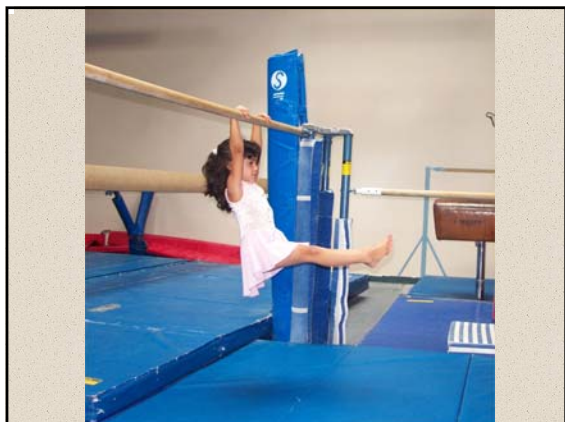


- Properly plan the activity
- Supervise the activity closely
- Provide proper instruction
- Provide a safe environment
- Warn of inherent risks
- Provide emergency assistance
- Keep informed
- Know your students
- Keep adequate records



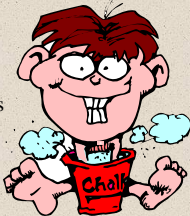
Gymnastics TRY-Angle

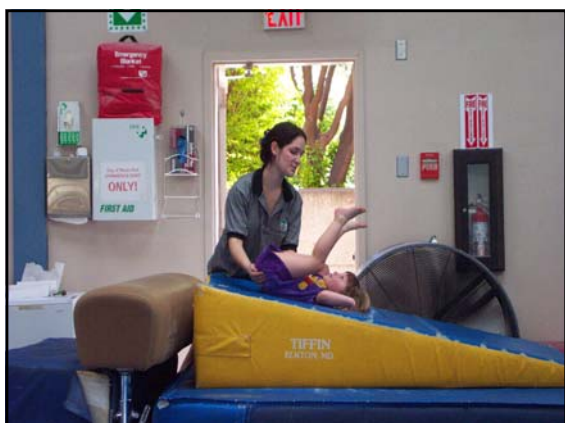




Provide a Safe Environment

- Physical Plant.
 - Parking areas
 - Entrances and exits
 - Delivery areas/loading docks
 - Sidewalks and walkways
 - Landscaping
 - Snow and ice removal
 - General exterior maintenance
 - Signage and notices

A cartoon character with red hair, glasses, and a wide smile is holding a red bucket labeled "Choi". He has small blue clouds around his head, suggesting he is happy or excited.



Personal Safety

- Ergonomics
- Blood Borne Pathogens
- Fitness Habits
- Mental Health



