



Safety Info For Parents

Dynamic Duos is a fun introduction to gymnastics. It is also a group of toddlers running around with their parents or caregivers. To keep everyone safe we have compiled a short set of rules for the gym. These are based on USA Gymnastics national standards and the guidelines from the equipment manufacturers. Unfortunately, not all gymnastics programs follow these guidelines so to clear up any confusion in class we put together the list with short descriptions of why we feel they are important. No need to memorize them, we'll go over them in class and remind you when necessary. We look forward to this upcoming session and together we can help keep the kids safe so they can have as much fun as possible!

WARM-UP

- Please do encourage your child to participate in the activities in the circle. *Toddlers and preschoolers are generally naturally more flexible than most adults. However, it is still important for them to put their joints through the range of motion they could experience during class.*

GENERAL

- When starting out a new skill, the best place to spot the child is often at the upper torso, underneath the armpits. *It is important to avoid spotting children below the elbow (including holding the hand) because of nursemaid's elbow injuries, which are one of the most common orthopedic injuries in children under 2 years (and are relatively common up to age 5). If your child is able to perform a skill on his or her own but wants to hold your hand, let him or her hold your fist and use you for support.*
- Encourage proper landings: landing on two feet. *Your child may enjoy testing out the soft mats by landing on the bottom, back or stomach, but these landings just aren't as safe as landing on two feet.*

TRAMPOLINE

- Only one person (not child) at a time on the trampoline unless otherwise directed by the instructor. *This is the manufacturer's rule for intended use and it is the only use of the trampoline condoned by USA Gymnastics, the national governing body that institutes safety standards for the sport.*

- **Only one way (towards the big blue mat) on the trampoline. *This rule is important for preventing collisions and falls from the stair (entry) side of the trampoline.***

RINGS AND SINGLE BAR

- **Support your child at the upper torso during all hangs until he or she is at least 18 months old. *Younger children's shoulders have not developed sufficiently to safely hold their own weight.***
- **When swinging, encourage your child to land on his or her feet back where he or she started.**
- **Avoid putting your child through the motions of a skill or trying to do it for him or her. Let your child set his or her own pace. *Bars can be scary and the child will learn more in the long run if the child feels in control and determines when he or she is ready to try the next piece of a progression.***

BEAM & PARALLEL BARS

- **Encourage the child to keep his or her eyes on the beam and parallel bars while walking across them.**

FLOOR

- **Please keep in mind those children under five years old should not attempt bridges, with or without spot. *This skill puts stress on the spine that can cause spondylolysis (fracturing of the pars) which may develop into spondylolisthesis (chronic back pain) in later life.***