

Prime Time Tumbling inc.

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Safety Information/PTT Policies

The techniques involved in each class require a variety of body movements that, if executed incorrectly can cause injury. It is important to read this hand out thoroughly and **ALWAYS** speak with an instructor before attempting anything.

Attire

- Participants should wear comfortable attire that allows for a variety of movements at each and every class. If a participant wears any clothing that may compromise their safety they may be asked to change or be restricted from participating in the class at that time
- Overly loose fitting clothing must also be avoided, clothing that can tangle or trip a participant is prohibited.
- Please wear sneakers or other shock resistant footwear, there is no tumbling in socks, nylons, or other footwear that may cause slipping.
- All jewelry and watches must be removed before classes begin. Instructors or class administrators are not responsible for lost or stolen property.
- Long hair must be tied back at all times. Long hair is defined as anything that can fall in front of the eyes and hamper sight while tumbling.

Conduct

- Participants will refrain from activity or tumbling unless supervised by an instructor.
- All rules for facilities used for tumbling classes or private lessons must be adhered to at all times and all participants must stay within the class boundaries **AT ALL TIMES!!!**
- Class members may not help one another during tumbling or other physical activity unless directed by an instructor.
- Loud noises and actions that may distract other participants are prohibited
- There is no eating or gum chewing at any time in the facility of use, unless cleared by an instructor. Sports drinks and water are permitted but must be kept in a designated area.

Policies

- Private lessons: We ask that 24 hours notice is given for any cancellations, we require a minimum of 3 hours notice for a cancellation. If less than 3 hours notice is given, a payment in the amount of half the cost of the lesson is required. If prior notice is not given, we reserve the right to charge full price for the lesson.
- Parents may not interfere with a class in progress and may not wait in the area where the class or lesson is being conducted. All parents must wait in designated areas.
- A registration fee of twenty dollars is required before any classes or lessons begin. This fee is required each subsequent year of tumbling.
- There is a \$25 fee for any returned checks.

Remember this is a sport that requires concentration and discipline, please follow all rules, both written and spoken to ensure that accidents and injuries will be kept to a minimum. Tumbling can be a rewarding and a fun experience, please follow all rules and guidelines to ensure safety and allow for a good learning experience.