



**Welcome to The Portland Gymnastics Club!**  
We kindly ask that spectators at our gym please abide by  
the following:

**Respect all others, unkindness, disrespect or abuse of any  
kind will not be tolerated!**

**Be a positive role model and set a good example, we  
have children here!**

**Stay in the waiting area, people who aren't here to train,  
are not permitted on the floor or equipment at any time.**

**As a matter of child protection, recording videos or  
taking photographs is not permitted.**

**Any dependants you bring are your responsibility and  
expected to follow these guidelines also.**

**Our Coaches are in charge today, please allow them to  
take their class without interference.**

**Coaches may be approached at the start or end of the  
sessions only, please be understanding as they have multiple  
classes to run.**

**Be courteous and socially distance yourself from others  
where possible, and if you are sick, please stay away.**

**To see our full Parent/Guardian Code of Behavior please  
e-mail the club or check it out on our website!**

**[www.portlandgymnasticsclub.com](http://www.portlandgymnasticsclub.com)**