

FORGE RULES AND ETIQUETTE:

1. ALWAYS WEAR SHOES IN THE BATHROOM

2. DO NOT WEAR SHOES ON THE MATS

3. KIDS ROOM

1. AGES 5 AND UNDER ONLY

2. ALL KIDS MUST PICK UP AFTER PLAYING OR PARENTS IF TOO YOUNG (OR THEY WON'T BE ALLOWED TO PLAY)

3. NO SHOES IN THE KID'S ROOM

4. NO FOOD IN THE KID'S ROOM

5. THE KID'S ROOM IS NOT SOMEWHERE TO DROP KIDS OFF UNSUPERVISED

6. KIDS ARE NOT ALLOWED TO PLAY ON GYMNASTICS EQUIPMENT WHILE WAITING FOR SIBLINGS OR BEFORE OR AFTER CLASSES.

4. WATER

1. PLEASE HAVE YOUR CHILDREN BRING A WATER BOTTLE, WE DO HAVE WATER; HOWEVER, THE CUPS AND MESS IS QUITE SIGNIFICANT. ITS PURPOSE IS FOR WHEN KIDS FORGET THEIR WATER.

5. CHECK IN/DISMISSAL

1. CHECK IN

1. PLEASE HAVE YOUR STUDENT CHECK IN AND THEN WAIT ON THE BENCHES OR IN THE GYMNASTICS WAITING AREA UP THE STAIRS (GYMNAST ONLY ON GYMNASTICS SIDE). STUDENTS CAN ALSO WAIT ON THE BENCHES BEFORE CLASSES. THE KIDS ROOM IS NOT A PLACE FOR AGES 5 AND OLDER TO WAIT FOR CLASSES.

2. DISMISSAL

1. AFTER CLASSES STUDENTS MUST WAIT ON THE BENCHES IN WAITING AREA FOR PARENTS TO PICK UP. THE PLAYGROUND IN THE BACK IS NOT SOMEWHERE KIDS CAN GO UNLESS THEY HAVE A PARENT WITH THEM. WE ARE NOT RESPONSIBLE FOR KIDS OUTSIDE OF THE DOJO.

6. FOOD

1. FOOD AND SNACKS MUST BE EATEN IN THE ENTRANCE AREA ONLY, WHICH IS THE FRONT OF THE SPACE WHERE WE TAKE OUR SHOES OFF.

2. WE ARE TRYING NOT TO ATTRACT MICE IN THE SPACE. IT ALSO MAKES IT HARDER ON STAFF TO CLEAN UP FOOD MESSSES ALL OVER THE SPACE.

7. NO RUNNING AROUND

1. THE FLOORS ARE CEMENT AND KIDS RUNNING ESPECIALLY WITHOUT SHOES ON IS A HUGE RISK FOR FALLING AND HITTING THEIR HEADS ON THE FLOOR

8. ATTIRE FOR GYMNASTICS

1. ATTIRE SHOULD BE TIGHT FITTING FOR SPOTTING PURPOSES (SHIRTS TUCKED IN, NO SKIRTS)
2. NO MID-DRIFT/BELLY SHOWING ALSO FOR SPOTTING SAFETY
3. HAIR MUST BE TIED UP!!!!
4. NO GUM OR CANDY
5. NO LOOSE OR HANGING JEWELRY
6. NO ACRYLIC NAILS, HATS, POCKETS (IF POSSIBLE), OR OBJECTS HANGING (SKIRTS ARE DANGEROUS FOR HIGH LEVEL SKILLS)
7. NO SOCKS
8. **CLEAN FEET**

9. ATTIRE FOR MARTIAL ARTS

1. GI MUST BE WORN WITH THEIR BELTS ONCE THEY HAVE EARNED THEM
2. GIS NEED TO BE WASHED AT LEAST ONCE A WEEK ESPECIALLY FOR THE TEENS
3. HAIR MUST BE TIED UP
4. NO JEWELRY, NECKLACES, OR WATCHES WORN DURING CLASS
5. TOENAILS AND FINGERNAILS MUST BE TRIMMED TO AVOID CUTTING PARTNERS (NO ACRYLIC NAILS)
6. NO GUM OR CANDY IN YOUR MOUTH ON THE MAT
7. **CLEAN FEET**

10. PARENT EXPECTATIONS

1. NO COACHING FROM THE SIDE LINES!!!! NO SPOTTING OR STEPPING ON THE MATS UNLESS ASKED
2. NO PRACTICING MOVES OUTSIDE OF CLASS UNLESS SPECIFICALLY ASKED TO BY A HEAD COACH
3. **PLEASE ASK COACHES WHAT YOUR CHILD CAN WORK ON OUTSIDE OF CLASS. CHECKING IN WITH COACHES IS HIGHLY RECOMMENDED**

11. EXTRA WAIT TIME: OFF THE BUS, AFTER-SCHOOL FROM PPOS, WAITING ON A SIBLING

1. IF YOUR STUDENT IS WAITING FOR MORE THAN 30 MINUTES UNSUPERVISED THIS WILL ALSO BE AN **EXTRA FEE** THAT WILL BE ADDED TO YOUR MONTHLY MEMBERSHIP. PLEASE TALK TO COACH MORGANNE IF YOU HAVE ANY QUESTIONS REGARDING THIS.
2. KIDS WAITING ON SIBLINGS ARE AN EXCEPTION; HOWEVER, SNACKS ARE NOT INCLUDED AND THEY MUST WAIT IN THE SEATING AREAS NOT THE PLAY AREAS.

12. LOST AND FOUND

1. WE HAVE A LARGE BLACK BOX ON THE MARTIAL ARTS SIDE OF THE BUILDING UNDER THE UNIFORMS HANGING UP THAT WE GATHER AND PLACE FOUND ITEMS IN EACH DAY. THIS WILL BE THROWN AWAY EVERY MONTH. WE ARE NOT RESPONSIBLE FOR JACKETS, BACKPACKS, SHOES, ETC.

13. MEMBERSHIPS

1. **30 DAYS' NOTICE FOR CHANGES, UPGRADES, OR CANCELLATIONS**
2. **MAKE UP CLASSES MUST BE APPROVED THROUGH COACH MORGANNE**