

# MINISTRY OF AIR

## Essential Information and Etiquette

We all deserve to train and coach in a safe and happy environment. Please ensure that you understand and adhere to these simple rules.

These are very important as they ensure:

- Maximum safety of everyone in our training venue
- Our venue and equipment are kept clean and safe
- Our commitments to respect other sports hall users and our contract with Sportspace are honoured

### Simple Rules

- **All** jewellery and piercings must be removed (**Yes! even if they have just be done!!!**)
- We have insufficient space to accommodate parents/guardians or friends in the hall during sessions. The café provides a good place to wait. (**Please only sign up to our sessions if you can respect this rule**)
- **Only** drinks bottles with sealable caps are permitted in the hall
- **All** shoes, coats and bags must be left on or under the tables provided, they are not permitted in the training area
- Going to the toilet before training is a must
- Parents/guardians wishing to speak with a coach, please wait in our entrance area and we will come to you
- Please enter the trampoline hall via the entrance on badminton court number 5 **only**. If there are other sports hall users on this court please wait until they finish the point they are playing before crossing

### Training Kit

Athletes must wear socks. Athletes may choose to wear either soft sports cloths or a leotard with stirrups or leggings. Athletes will only be permitted to jump if they have suitable attire

#### Yes! I will be jumping today:

Shorts / Shorties  
Leggings  
T shirts / Polo shirts  
Tracksuits  
Leotards  
Stirrups

#### No! I will be sitting out or going home:

Piercings  
Denim  
School / Work Uniform  
Coats / Hoodies  
Chains / Belts / Buckles  
Trousers  
Scarfs and Hats

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