

# GYMNASTICS CLIMBER

Kindergarten to Grade 9

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>KINDERGARTEN TO GRADE 9</b>			
<p>Use trestles or wall climber.</p> <p>Do equipment set up and adjustment under teacher direction.</p> <p>Check clamps and feet of trestles, wall lever and floor pins of wall climber to ensure climber is secure.</p> <p>Check equipment daily for defective parts.</p> <p>Place mats on landing areas.</p> <p>Wear proper footwear or bare feet (no sock feet).</p>	<p>Design the floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design the floor plan to allow for landings at safe distances away from walls and other equipment.</p> <p>Remove excess equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>Place mats on all designated landing areas.</p> <p>Hanging inversions require direct instruction of teacher and placement of a 30.5 cm - 60.9 cm (12" - 24") landing mat.</p> <p>No inversions in which students is more than 1.5 m above the floor.</p> <p>Avoid overcrowding by students.</p> <p>Adjust equipment so it is appropriate to height of students and activity being performed.</p> <p>A child may climb on top of a horizontal ladder or bars that are at chest height. No hanging and traveling when the horizontal ladder or bars are above the chest height of the student (stretch height). No traveling on top of horizontal ladders or bars.</p> <p>No jumping from anything higher than the jumper's own shoulder height.</p> <p>No approaching horizontal ladders and bars of trestles from the side as trestles could slide sideways.</p> <p>Teach skills in proper progression.</p>	<p>Provide constant visual supervision.</p>