

GYMNASTICS CLIMBING ROPES

| EQUIPMENT | FACILITIES | SPECIAL RULES/ INSTRUCTION | SUPERVISION |
|--|---|--|--|
| ALL GRADES | | | |
| <p>Place mats under ropes (velcro mats together).</p> <p>Check ropes regularly for fraying. Don't use severely frayed ropes, as students get slivers.</p> <p>For inversion activities use a 30.5 cm - 60.9 cm (12" - 24") landing mat.</p> | <p>Design floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design floor plan to allow for landings at safe distances away from walls and other equipment.</p> <p>Remove excess furniture and equipment (e.g., tables and chairs) from perimeter of gym.</p> | <p>No inversions in which the student hangs more than 1.5 m above the floor.</p> <p>Introduce rope activities in developmental sequence.</p> <p>Teach skills in proper progression.</p> <p>Tie back long hair.</p> <p>Remove glasses, chains, etc.</p> | <p>Provide on-site supervision.</p> <p>Provide constant visual supervision for inversions.</p> |