

# GYMNASTICS LANDING MAT

Kindergarten to Grade 9

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>ALL GRADES</b>			
Use a landing mat that is 30.5 cm - 60.9 cm (12" - 24") thick.	<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>Use mats under elevated inverted body positions.</p> <p>Place landing mats to minimize movement of mat on impact.</p> <p>Teach skills in proper progression.</p>	<p>Provide on-site supervision.</p> <p>Provide constant visual supervision for inversions.</p>