

GYMNASTICS MATS

Kindergarten to Grade 9

| EQUIPMENT | FACILITIES | SPECIAL RULES/ INSTRUCTION | SUPERVISION |
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| KINDERGARTEN TO GRADE 9 | | | |
| <p>Place mat on all designated landing areas under and around equipment.</p> <p>Where mats are side by side, velcro them together.</p> <p>Do not overlap mats.</p> <p>Check mats regularly for wear and tears.</p> <p>Appropriate sizes for utility mats are:</p> <ul style="list-style-type: none"> ● ensolite 3.8 cm (1½") ● trocellen 5.1 cm (2") ● ethefoam 3.8 cm (1½") ● sarneige 3.8 cm (1½") ● mats of equivalent compaction rating <p>Gymnastic mats should have velcro on two sides.</p> <p>Use a 30.5 cm - 60.9 cm (12" - 24") landing mat when a student is in an elevated inverted body position.</p> <p>Wear proper footwear or bare feet (no sock feet).</p> | <p>Design floor plan so that there is enough space around each piece of apparatus for safe movement.</p> <p>Design floor plan so that landings take place at a safe distance from walls and other equipment.</p> <p>Remove excess equipment (e.g., tables and chairs) from perimeter of gym.</p> | <p>Be aware of the physical limitations of students (e.g., strength, flexibility, weak wrists, epilepsy).</p> <p>Discourage students from attempting to perform front and back walkovers and backward rolls (directly over the head). Backward shoulder rolls can be performed instead.</p> <p>Teach skills in proper progression.</p> <p>Tie back long hair.</p> | <p>Provide on-site supervision for mats and utility boxes. Provide constant visual supervision if students are doing inversions on this equipment.</p> |