

Gyms Rules/Checklist

Elementary Gym (No food or sugared or flavored drinks in this gym)

6 p.m. coaches

- Make sure that only water is in the gym
- Do not allow anyone to use or play with any school PE equipment
- Help 7 p.m. coaches raise the goals to their appropriate heights
- Make sure that all of your team's trash is cleaned up

7 p.m. coaches

- Make sure that only water is in the gym
- Do not allow anyone to use or play with any school PE equipment
- Help 8 p.m. coaches raise the goals to their appropriate heights
- Make sure that all of your team's trash is cleaned up

8 p.m. coaches

- Make sure that only water is in the gym
- Do not allow anyone to use or play with any school PE equipment
- Make sure that all of your team's trash is cleaned up
- Make sure both goals are at 10 feet
- Make sure the hook is hung up
- Turn off lights (breakers have duct tape next to them pointing out each row of lights) and make sure doors are closed

Middle School Gym

6 p.m. coaches

- Do not allow anyone to use or play with any school PE equipment
- Do not allow anyone on the stage
- No hanging or climbing on the bars next to the stage
- Help 7 p.m. coaches raise the goals to their appropriate heights
- Make sure that all of your team's trash is cleaned up

7 p.m. coaches

- Do not allow anyone to use or play with any school PE equipment

- Do not allow anyone on the stage
- No hanging or climbing on the bars next to the stage
- Help 8 p.m. coaches raise the goals to their appropriate heights
- Make sure that all of your team's trash is cleaned up

8 p.m. coaches

- Do not allow anyone to use or play with any school PE equipment
- Do not allow anyone on the stage
- No hanging or climbing on the bars next to the stage
- Make sure that all of your team's trash is cleaned up
- Make sure both goals are at 10 feet
- Make sure the hook is placed back on the stage in the corner next to the back doors
- Turn off lights (Top breaker box; 3 breakers have red duct tape next to them; second breaker does not have tape next to it) and make sure doors are closed and locked

*****If I am contacted by the schools regarding the gyms not being cleaned, the lights being left on, doors being left open or the hooks not being placed in the proper spots, the following will happen:**

First call – a warning will be issued

Second call – the next week's practice will be cancelled

Third call – all practices for the season will be cancelled

They do have cameras, so I can find out, which teams violate these rules. I know you will have to conduct practice, so please speak with your parents, so they are aware of these rules.