

As we are approaching a new competitive season Gymnastics Ontario would like to remind all the Member Clubs to educate their parents of proper etiquette. Here are few important reminders:

- All spectators, including family members (parents, grandparents, siblings, etc.) must pay admission fees when they attend events. *Athlete registration fees do not cover parents' admissions.* Host clubs depend on admission fees to help cover expensive facility costs.
- Parents may not approach judges at any time during or after the event.
- Parents may not enter the warm-up area at any time during the event. In case your child requires help with putting on a leotard, hair/make-up fixed, etc. the athlete should come out of the warm-up area (only after obtaining coach's permission to do so) to get help from a parent.
- Stay seated while an athlete is competing. It's distracting to other spectators and competitors if people are shuffling out of their seats and walking up and down the steps in the middle of the performance. You should wait until the end of the performance to visit the restroom or concession stand. Same goes for returning to your seat.
- Photos are allowed and encouraged however **flash photography is not allowed** at any time while competition is going on. Please make sure you turn off the flash on your phone or camera. Due to the risky nature of gymnastics, a bright, unexpected flash from a camera or similar device can endanger a gymnast's safety. This risk extends not only to the subject of a photo, but to others in the field of play. The use of cameras with flashes is permitted during March-in and Awards presentations only.
- Spectators are allowed to take pictures or make video recording from spectators' areas/stands ONLY. Please be considerate of people around you, so as not to block their view. A common practice, and a courtesy to others, is to "take turns" to video from the premiere viewing spots in the gym during their child's performance, then relinquish that spot to the next person who wants to capture that memorable moment.
- It is highly recommended that all cellphones are switched to silence mode or turned off completely during the competition.
- Tablets or other devices used for entertainment (gaming, movie streaming, etc.) should be switched to silent mode or used with headphones.
- Spectator support is important to all competitors and it is encouraged to cheer/clap for all the athletes regardless of their club affiliation.
- Appreciate the facility by throwing your trash away and helping to keep the gym clean for all to enjoy.
- Please obey signage posted around the facility and do not enter restricted areas or take photos/videos where signage prohibits (ex. warm up area).