**RULES FOR PARENT’S NIGHT OUT**

1. Treat each other and Coaches with kindness and respect.

2. Keep hands, feet, and body to yourself.

3. No hitting, wrestling, rough-housing, or fighting.

4. Treat the gym and equipment with respect.

5. Do not climb over the wall.

6. Go feet-first down the slide, no flipping owr walking up slide.

7. Keep both hands on the bars, no hanging upside-down.

8. Stay in the gym until you are signed out by a parent.

9. Please use “happy words,” no swearing or bullying.

10. No alcohol, drugs or tobacco products.

PLEASE ASK A COACH FOR HELP AT ANYTIME – WE ARE HERE TO HELP YOU STAY SAFE AND HAVE FUN!