

Display Team Safety Guidelines Traffic Light Policy

JumpTASTIC! want everyone to be safe when participating in Display Team. To ensure consistent safe behaviours are demonstrated a traffic light system is used. This applies to all skills including tumbles, balances and throws.

NOTE: For skills performed in pairs and groups (i.e. balances and throws) the amber or green light is for that specific group of gymnasts only – it does not apply to a gymnast when in a different group. For example, if Max and Tyler's shoulder balance has been given a green light and Lewis and Jayden's shoulder balance has also been given a green light, Max and Jayden would still not be allowed to perform a shoulder balance together until theirs has been given a green light.

Safe: A skill that has been given a green light is considered safe and can be performed without supervision. Green light skills may be downgraded if unsafe or dangerous practice is demonstrated.

Unsafe: Skills that are currently being worked on may be given an amber light. A skill that has been given an amber light may be performed only when there are **sufficient spotters** to make sure everyone is safe. For certain skills the spotters will only be allowed to be coaches – this will be specified when the amber light is given. Amber light skills may be downgraded if dangerous practice is demonstrated.

Dangerous: Any skill that has not been given a green or amber light is considered to have a red light. These skills are considered dangerous and are **not allowed to be practiced in the gym at any time**. If you would like to try a new skill this must be discussed with a coach first.

Anyone not following the traffic light system will be given a warning. If this happens again you will be asked to sit out the rest of the session and the collecting parent/guardian will be informed that this has happened. If behaviour is considered particularly dangerous you will be asked to sit out immediately.