RSVC Gym Rules & Safety

Safe • Respectful • Ready to Play

Purpose

These rules help maintain a safe, respectful, clean, and well-organized training environment for athletes, families, coaches, volunteers, and facility partners.

All participants and visitors are expected to follow applicable RSVC instructions, facility rules, and reasonable directions from authorized RSVC or facility personnel.

Facility Entry and Exit

Use only approved entrances, hallways, change areas, washrooms, and other spaces identified for RSVC use.

Athletes should arrive at the time communicated for their program and should not enter the court or equipment areas until authorized RSVC personnel are present and the space is ready.

Parents and guardians are responsible for safe and timely drop-off and pick-up and should confirm that appropriate RSVC personnel are present before leaving a minor athlete.

Gym Behaviour Expectations

Athletes should listen for coach instructions, respect teammates and other facility users, and avoid behaviour that distracts from training or creates unnecessary risk.

Running, pushing, rough play, hanging from basketball rims or volleyball equipment, entering restricted areas, or interfering with another group is not permitted unless part of an authorized activity.

Safety During Training

Athletes should participate only when they feel able to do so safely and should immediately tell a coach about pain, dizziness, illness, injury, suspected concussion symptoms, or any condition that may affect safe participation.

Coaches may modify, pause, or stop participation where continued activity reasonably appears unsafe.

Athletes should follow warm-up, drill, spacing, rotation, and stop-play instructions and remain aware of balls, nets, walls, benches, and other athletes.

Equipment Usage

Volleyballs, carts, nets, standards, antennas, benches, and other equipment must be used only for their intended purpose and as directed by authorized RSVC personnel.

Athletes should not climb on, hang from, move, adjust, or dismantle equipment unless specifically instructed to do so.

Damaged, unstable, or unsafe equipment should be reported immediately and left alone until assessed.

Respect for School and Community Facilities

RSVC programs may operate in schools, community centres, and other shared facilities. Everyone is expected to respect the building, court surface, equipment, change areas, washrooms, hallways, and property of others.

Do not enter locked or restricted areas, move facility property without permission, or intentionally damage or misuse equipment or fixtures.

Any damage, spill, broken equipment, unsafe flooring, or facility concern should be reported promptly.

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Emergency and Injury Procedures

Injuries, suspected concussions, emergencies, or serious safety concerns must be reported immediately to an authorized RSVC coach or staff member.

RSVC personnel may stop activities, contact a parent or guardian, provide basic first-response assistance within their training, or contact emergency services when reasonably necessary.

RSVC personnel do not provide medical diagnosis or medical clearance. Families remain responsible for obtaining appropriate professional medical advice when needed.

Food, Drinks, and Cleanliness

Water should be kept in a secure bottle and used only where permitted by the facility.

Food, gum, or other drinks may be restricted in gym areas depending on facility rules.

Participants should clean up after themselves, place garbage and recycling in the appropriate containers, and help leave the gym ready for the next user group.

Parent and Spectator Expectations

Parents and spectators should remain in designated viewing areas where applicable and must not enter the playing area during active training unless invited by authorized RSVC personnel.

Sideline coaching, distracting athletes, confrontational behaviour, and interference with coaching, supervision, officiating, or facility operations are not permitted.

Viewing arrangements may vary by facility and may change for safety, capacity, or operational reasons.

Personal Belongings and Valuables

Bring only necessary personal items and keep bags, clothing, footwear, and water bottles away from active playing areas, exits, and walkways.

Athletes and families are responsible for their own personal belongings and valuables. RSVC cannot guarantee the security of items left in or around the facility.

Prohibited Behaviour

Fighting, bullying, harassment, discrimination, intimidation, retaliation, deliberate unsafe play, intentional damage, equipment misuse, substance use, or refusal to follow reasonable safety directions is not acceptable during RSVC activities.

Conduct that creates a safety risk or seriously disrupts programming may result in immediate removal from an activity and further action under applicable RSVC policies.

Reporting Safety Concerns

Report hazards, spills, damaged equipment, unsafe flooring, injuries, suspicious activity, supervision concerns, or other safety issues to an authorized RSVC representative as soon as possible.

If there is an immediate threat to safety, contact emergency services or the appropriate facility authority first, then inform RSVC when appropriate.

Final Statement

A safe gym depends on everyone doing their part. Athletes, families, coaches, volunteers, and visitors are expected to follow these rules, respect facility requirements, and help protect the safety and well-being of everyone participating in RSVC programs.

These gym rules should be read together with applicable RSVC Safe Sport, Code of Conduct, registration, and program-specific requirements.

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