

Ape Escape

Supervision and Behaviour Guidelines

6 The Gateway, Edgewater
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Creating a Safe, Fun and Engaging Environment for Every Child

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Insurance & Staff

- Ape Escape has \$20 million Public Liability Insurance and \$5 million Professional Indemnity Insurance.
- All staff hold current Working With Children Check clearances.

What is Ape Escape?

Ape Escape is a permanently set-up gymnastics venue, offering a proven gymnastics program in a fun, non-competitive environment with a colourful jungle décor.

Our venue includes:

- Spatial Awareness Development – trampolines, swinging ropes, and rings to propel children through the air.
- Strength, Balance & Coordination Training – climbing ropes, bars of various configurations, and balance beams.
- Safe Landings – thick crash mats throughout the gym, with the entire floor foam padded for maximum safety.

Structure of the Gymnastics Program

- Each session begins with a warm-up (including basic skills such as forward rolls).
- Children are grouped and introduced to the behaviour rules, as well as shown the locations of water fountains, toilets, and exits.
- Coaches then guide each group through pre-set circuits, explaining skills and any circuit-specific rules.
- Students rotate through circuits, each designed for skill progression, confidence building, and continuous activity.

Circuits

Our circuits are:

- Fun, challenging, and engaging — building skill awareness and confidence.
- Designed to keep students constantly moving (no long waiting times).
- Suitable for both energetic children and those who are less agile or more reserved.

Supervision

- Programs are led by qualified gymnastics coaches who clearly demonstrate each circuit and supervise children throughout.
- Coaches encourage children to progress at their own level, without pressure or embarrassment.

- Teachers are welcome on the gym floor to assist in rule enforcement and provide student support.

Rules for Students

1. Follow the circuit format and move in the direction of the arrows.
2. Only attempt skills that have been demonstrated — no making up your own skills, even if advanced.
3. Respond immediately to the “Line-Up/Freeze” call (within 3 seconds). No “last turns.”
4. One person at a time on trampolines.
5. Move off landing mats straight away.
6. To go to the toilet or water fountain — ask first, go, and return immediately (not during a “Line-Up/Freeze”).

Emergency Action Plan

Ape Escape has a comprehensive emergency action plan outlining responsibilities, reporting procedures, and tasks for each staff member.

In the case of an emergency (e.g. fire):

- Staff will issue the “Line-Up/Freeze” call.
- Children will be escorted to the nearest exit and counted.
- Staff will check all areas (toilets, upstairs, water fountains) for anyone left behind.
- Groups will be guided to the neighbouring car park for further instructions.
- Teachers and parents assisting will support staff in escorting children and maintaining safety.