



CHECKLIST

Home gymnastics space safety checklist

- ☐ Clear furniture and breakable items far from the mat area

- ☐ Check ceiling height with arms fully extended overhead

- ☐ Mark your mat edges on the floor so you know your landing zone

- ☐ Confirm the mat lies flat without lumps or folds

- ☐ Keep a sturdy chair nearby for balance support

- ☐ Check equipment weight ratings match your body weight

- ☐ Warm up wrists and ankles before every session

- ☐ Film yourself to check body positions without a mirror
