

# Pyramid Building Safety Guidelines

## Equipment/Facilities:

- General utility mats are to be used for floor work, tumbling and landing on feet from a controlled height.
- Mats must be under pyramid and extend in accordance with the height of the pyramid.
- Soft shoes or bare feet are necessary for standing pyramids.
- Ensure that standing, lying and kneeling pyramids are a safe distance away from walls.
- Do not build pyramid near entrances, exits or stages.

## Instructional Considerations

- Standing pyramids are not recommended at the elementary level.
- Set maximum number of participants and maximum height allowed depending on size, age and skill of participants.
- Instruction must include how to assemble and how to disassemble.
- Weight and size of participants determine placement in pyramid; e.g., larger students are part of the base.
- Pyramid building must be the only activity in the space.
- Weight of top person(s) must be over supporting parts of bottom person(s); i.e., bottom person(s) in kneeling position should have their arms and upper legs at a 90 degree angle to their torso. The top person(s) should distribute weight over top of shoulder girdle (over bottom person's arms) and/or hips (over thighs).

## Supervision

- On site supervision is required for pyramid building and stunts.
- Constant visual supervision is necessary when students are attempting difficult moves for the first time on an apparatus.



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	