

# SOLENT GYMNASTICS CLUB

## Club rules:

All members must follow the below at all times, failure to do so may result in expulsion from the club.

### **Club rules for our gymnasts:**

(please read these with your child so they know what is expected of them)

- When you arrive for your class, please get yourself ready and line up by the gym entrance door.
- Shoes & socks must be removed before entering the gym hall and left in the cubby holes inside the witing room.
- No food to be bought inside the gym, this includes chewing gum.
- Gymnasts are required to bring a drink bottle with them, this must be in the sealed, sports style bottle. Please avoid screw on tops.
- Gymnasts must wear suitable sports clothing to participate in their classes, no jeans/denim, crop tops, skirts/skorts or socks/grip socks/tights allowed. Any additional clothing such as jumpers must be left in the cubby holes before entering the gym.  
Gymnasts will not be allowed to participate in their session is they are not dressed in suitable attire.
- Long hair must be tied back and off of the gymnast's face – long ponytails must be looped in a bun or plaited to prevent it getting caught.
- No large hair accessories or headbands.
- All watches, jewellery & earrings including studs must be removed before entering the class.
- If a gymnast has their ears newly pierced, they will be allowed a maximum of 8 weeks to cover their earrings with tape before they must be removed, the coaching team will keep a record of this and alert you the week before the 8 weeks have expired. Gymnasts must arrive with their earrings taped; this is not the responsibility of the club and they will not provide tape or plasters.
- No false nails to be worn in the gym.
- No face paint to be worn in the gym.
- Gymnasts must be respectful of all gymnasts, coaches and staff members at the club.
- Gymnasts must always listen to their coach and only perform the skills they have asked for, remaining within your individual skill level.

- Gymnasts must not cause damage to any equipment intentionally within their classes, this will result in immediate expulsion from the club. You will be expected to contribute to the repair or replacement when damage is caused.
- Gymnasts will not be permitted to leave the building without an adult present.
- When entering and leaving the building please be respectful of other users.

## **Club rules for our Parents:**

- Please encourage your child to go to the toilet before the start of their class.
- Parents must follow NHS guidance if your child has been unwell and you are not sure if they should attend their class. If they are not well enough for school that day, they are not well enough to attend gymnastics.
- Please do not enter the waiting room any more than 5 minutes before the start of your child's class.
- Parents must drop off and collect their children from inside the waiting room – no children will be permitted to leave the main gym until collected from inside the waiting room by their parent/guardian.
- If someone else is collecting your child, coaches must be made aware at the start of the session.
- When entering and leaving the building and whilst using the car park, please be respectful of other users.
- Solent GC Parking bays are clearly labelled, please avoid using other bays and be respectful of our neighbours.
- Any medication that the gymnast may need during their session must be handed to your child's coach upon entering the gym in a sealed named bag with clear instructions.
- Strictly only one adult per gymnast is permitted to wait in the waiting room during your child's class, please use the allocated chairs to sit and wait.
- Please leave the area tidy and help us to keep it clean for all members by using the bins provided.
- No waiting in the foyer or corridor, please keep these clear so we can keep things moving at class change over periods.
- Please do not congregate around the gym doors/windows.
- Parents/Guardians are not permitted to enter the main gym unless invited in by a member of staff.
- If you need to get the attention of your child's coach whilst the class is in progress, please ring the doorbell on the gym entrance door and a coach will come to you at a safe point in the session. Please note it may not be safe to come immediately.
- No animals permitted inside the building.

- No smoking or vaping on site - this includes the car park.
- In the event of a fire or emergency, all parents must leave the building immediately via their nearest fire exit, the coaching team will evacuate the children who are participating in the class from the gym's fire exit.
- Siblings are your responsibility and must be always supervised and sat down in the waiting room.
- Strictly NO Photography or Videoing is permitted within the building, unless permission is given by the head coach for training or advertising purposes only.
- We operate a toilet pass system whilst gymnasts are in their class. If they need to use the toilet during a session, they will receive a pass from their coach and be directed to use the toilet that is only accessible from inside the gym.
- **UNDER 4's ONLY** – Children under the age of 4 who cannot use the toilet without the help of their grown up, will be handed back to their parent to use the toilet. If your child is under 4 and cannot use the toilet without help, you must ensure that you remain in the waiting room throughout their class as coaches cannot take your child to the toilet.

## Membership

- British Gymnastics membership and Solent Gymnastics Club membership are compulsory for all members and coaches.
- Gymnasts will not be allowed to participate without their memberships in place following their trial session/renewal period.
- Members may be refused entry to their class if fees have not been paid.
- All members must register complete a registration process via our online system Coacha upon joining.
- It is your responsibility to inform us of any changes to your child's health and keep us updated with changes to contact numbers and home addresses etc.
- All members must set up a direct debit mandate upon joining the class.

## Punctuality

- Gymnasts will not be permitted to join their class if they are more than 10 minutes late.
- We run a strict policy and will not allow children to join the session after the warm up has finished, this is for their own safety regardless of the reasoning for being late.
- Allowing a child to participate without having a suitable warm up contravenes British Gymnastics Policy and therefore renders the clubs and the individuals insurance invalid.
- If you are running late and your class has already started, please come inside the waiting room and ring the bell to get the coaches attention. They will come over at a

safe point. Please do not leave your child until you know they are allowed to join the class.

- As much as it may be distressing for your child to miss a class due to being late, it would be a lot worse if they are not able to participate and their grown up has already left the premises.

## **Behaviour**

- Solent Gymnastics Club has a zero-tolerance approach to unacceptable verbal or physical behaviour directed towards coaches/staff or fellow gymnasts. Any unacceptable behaviour will be taken very seriously and may result in the immediate expulsion from the club. This includes gymnasts, parents and other members.
- We follow British gymnastics policies and a full list of these can be found on the club website.

## **Gymnast injuries**

- If your child is injured and it affects their ability to participate in gymnastics, you must inform the club via email in advance of your child's class so an informed decision can be made as to whether it is safe for the gymnasts to participate.
- Gymnasts will not be permitted to participate in their class whilst wearing any taping, strapping or supports. Coaches may request professional advice before allowing participation whilst wearing these items.
- If they are expected to be off for more than 8 consecutive weeks then a 50% class fee reduction may be applied at the discretion of the head coach. A medical letter may be required to action this.
- Solent Gymnastics Club follows the British Gymnastics Pain, Injury and Illness policy. This can be found on the club website.

**Solent Gymnastics Club has the right to amend or update its policies without notice.**