

SOLENT GYMNASTICS CLUB

TERMS & CONDITIONS

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)

- Gymnasts are encouraged to go to the toilet before the start of their class.
 - 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 provided cubby holes in 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 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/tights allowed (This includes grip socks). 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 any session without the correct attire.**
- Long hair must be tied back and off of the gymnast's face – long ponytails must be looped in a bun or plaited.
 - No large hair accessories or headbands.
 - **All jewellery, earrings (including studs) and watches 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 when earrings need to be removed. **Gymnasts must arrive with their earrings taped; this is not the responsibility of the club.**
 - 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 do the things they tell them to do.
 - Gymnasts must not cause damage to any equipment intentionally within their classes.
 - When entering and leaving the building please be respectful of other users.

Club rules for our Parents:

- 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 5minuites before your child's class time.**
- 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 the 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** allowing smooth change over between classes.
- 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 for the safety of our gymnasts.
- No animals permitted inside the building.
- No smoking or vaping on the gym 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, please encourage your child to use the toilet before entering their class to help the coaches with this matter. **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.
- **British Gymnastics membership and club membership is compulsory for all members and coaches.** Gymnasts will not be allowed to participate without their memberships in place following their trial session/renewal period.
- 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.

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, 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.
- A full list of our club policies can be found on the notice boards at the club.

Gymnast injuries

- If your child is injured and it affects their ability to participate in gymnastics, you must inform the club via email.
- If you have not emailed to inform the club, please alert their coach at the start of the session so they can make an informed decision on whether it is safe and best practice for them to participate in their class at that time.
- **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.

Class booking

- Class fee payments are made via direct debit. This will be due on the 1st of the month. If payment is not received, your child will not be permitted to participate in any further classes until payment has been received in full.
- **You are required to give 1 months' notice to cancel your child's space within the club. This must be received before the 5th of the month or it will carry across to the next month.**
- Solent Gymnastics Club do not offer refunds, make up classes or additional classes for any missed sessions.
- All payments are non-transferable, this includes regular fees and holiday classes/camps.
- If Solent Gymnastics Club does need to cancel a session due to unforeseen circumstances, they will do what they can to provide a make up class where possible. No refund will be provided.

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