

Club Rules for all, coaches, volunteers, parents/guardians and gymnasts

Show respect and understanding for safety and welfare of others at all times



Gymnast Rules

- Listen, work hard and always try your best.
- If you are unsure of anything ask your Coach and they will try to help you.
- Do not try to talk to your parent/guardian if they are watching in the viewing area.
- Sit quietly on the benches when waiting for your session to start.
- Enter the training area only when asked by a coach.
- Ask permission from your coach before going to the toilet.

Training Area Rules for All

- Electronic devices e.g. mobile phones should not be used (unless authorised by the session lead coach).
- Jewellery should not be worn in the training area and must be removed.
- Long hair must be tied back.
- Outside shoes should not be worn in the training area.
- Wear appropriate clothing for sport.
- Only take water in to the training area.
- Ensure you are ready and fit to take part in sport.
- Treat others as you would like to be treated, bullying will not be tolerated.
- Develop mutual trust and respect.
- Use appropriate language at all times.
- If you choose to bring any items of value to the Club understand that this is at your own risk.
- Treat all equipment with respect
- Keep your Club tidy. Use the bins provided to dispose of rubbish and help put equipment away.

Club Rules for Parents/Guardians/Visitors

- Arrive no earlier than 10 minutes before your child's session.
- Do not park on the ramp or block our neighbours access.
- All children under 13 years old must be brought in to and collected from the club.
- Children must be collected on time. Persistent offenders may be fined. (If delayed due to unforeseen circumstances, your child will be looked after until parent/guardian arrives.)
- Bring children already changed and ensure your child is dressed appropriately for sport with all jewellery removed.
- Ensure your child has a drink available.
- Ensure your child sits quietly on the benches while waiting for their session to start.
- Ensure the coaches are aware of any specific concerns that may affect your child's participation.
- Support your child to follow the club rules.
- Praise good behavior such as listening, being kind to others, working hard.
- Do not enter the training area unless requested to by a coach.
- If you stay to watch, please do this from the upstairs viewing gallery only.
- Do not distract your child by talking to them from the viewing gallery as this may lead to accidents.
- Do not discuss other children.
- Do not take photographs or video of gymnasts/coaches/staff/volunteers unless at organised events with the club's permission.
- Only use the toilets designated for parents do not use those in the training area.
- If you need to talk to a coach, please wait until the end of the session.
- If you need to have a longer conversation, please ask to make an appointment.
- If you wish to share any concerns or to make a complaint about any aspect of the Club please speak to the session lead coach or contact the club manager, head coach, executive committee or welfare officer.
- Use appropriate language at all times.
- Treat others as you would like to be treated, bullying will not be tolerated.
- Ensure your/your child's contact details, medical conditions etc are up to date on your Paysubsonline member's account at all times.
- Support your child's involvement and help them enjoy the sport.
- Ensure fees are paid correctly and on time
- Keep the viewing gallery tidy

Rules followed by coaches when dealing with gymnast behavior that is causing a problem

1. Verbal warning.
2. Sit child out.
3. Call parent to collect from the gym.
4. If behaviour persists suspension and/or exclusion will be considered in line with Members Disciplinary policy.