

## Parent Copy; very important that these rules are read and understood by parents and gymnasts

### Rules of the club& parental agreement Updated September 2020-2021 Gymnastics, Trampolining, Cheerleading.

1. Sessions will be held at Unit 1 Counter Farm, Brook Street, Woodchurch TN26 3SP. All Gymnasts must arrive 5 minutes before their session starts. Entry will be closed at 10 minutes after the lesson start time. Please can we ask all parents to be mindful when parking in the designated parking area for Kestrel gymnastics. **PARKING IN THE FORE COURT IS NOT PERMITTED AT ANY TIME THIS HAS TO BE KEPT CLEAR AT ALL TIMES!** Any parent dropping of their child at the end of the lane or not accompanying them into the gym, will be sent will be sent a letter, children have to be collected from the gym by a responsible adult (adult we mean 18+ years) and not older siblings. We will be introducing a 3-strike rule on this.

2. Lateness will be recorded.

3. Fees must be paid on 1<sup>st</sup> of every month and on time; failure to do so will result in a 20% late payment charge or can result in suspension/termination of membership. All fees are calculated with all the clubs planned closures, so fees will be the same amount every calendar month! (unless your child's hours change) Fees can be paid by cheque, cash or on line via **Bacs Transferee or S/O sort code30-91-91 Acc: 48278068**. There is no repayment for sessions not used, except where the club has to cancel a session with short notice. Informed absences; if your child is away for more than 4+ weeks with prior notice, fees will be half price to hold their place. Should your child wish to leave gymnastics please provide 1 months paid notice.

**Any absence of TWO WEEKS, without notification, will be regarded as termination of membership. If you are sick or on holiday, please contact one of the following:**

Gary (Head Coach) Mobile: 077 43 89 85 93 or email: [garykga@gmail.com](mailto:garykga@gmail.com)

Tracey (club secretary) Phone: 01233861441 or email: [traceykga@gmail.com](mailto:traceykga@gmail.com)

Jessica (W/A Coach) Mobile: 075 25 71 16 00 or email: [jessckga@gmail.com](mailto:jessckga@gmail.com)

Email: [kestrelgymnastics2009@gmail.com](mailto:kestrelgymnastics2009@gmail.com)

4. ALL gymnasts must be brought into the main gym and NOT dropped off in the car park. Coaches are not responsible for them until they are in our care. All gymnasts must register on arrival at the gymnasium along with the responsible parent. At the end of the session, the Gymnast must be collected by an adult parent/guardian and not older siblings under 18.

5. **All gymnasts are asked to go to the toilet before the session starts, to ease disruption.**

6. The club is committed to the BG Equal Opportunities and the Code of Ethics. Any breach of these will result in notification to parents. The club will reserve the right to terminate membership.

7. No food or drink to be consumed in the gymnasium without a coaches' permission. All water bottles should be labelled with the name of the gymnast to prevent colds etc. spreading. If left, they are thrown away after every session.

8. An annual British Gymnastics (BG) & club membership/insurance fee is due at the end of each September for all Gymnasts. **New Members need to pay this on their 3<sup>rd</sup> training session. The cost of Club and BG membership is £47 general member and £80 for a competitive member**

9. Gymnasts are expected to wear a leotard. Gymnastic shorts are also permitted for training for the senior gymnasts only and leggings during the winter (at the coach's discretion). Any club kit that we request your child to have should be supplied by yourselves this is essential for each gymnast to have their own club kit please ask for a list of items needed. All gymnasts to work in bare feet. Socks and plimsolls are NOT permitted. (We do ask gymnast to compete in competitions, if your child is asked they will be requested to buy a club leotard and club kit, they will also have to commit to every lesson plus on some occasions extra training failure to adhere to these rules, they will not be allowed to compete)

All gymnasts are to take part in the club's annual display in-house comp usually held in October, this is a good opportunity for the whole club to come together and for all gymnasts to watch and support each other.

10. Long hair must be tied back securely (a scrunchie will NOT suffice). Long plaits are not desired as can cause injury. We will deny participation if hair is not considered to be safely tied.

11. NO JEWELLERY to be worn by anyone in the gymnasium (coaches may wear a flat band wedding ring only). **Earrings that cannot be removed must be covered by tape before coming into the session.** It is NOT for the club to provide the tape. Anyone not complying with this request may not be permitted to join in.

12. Medical forms are required to be completed every September. Please notify us of any changes to health, **address or contact numbers.**

13. Parents and visitors are asked not to remain or enter the gym, whilst the session is in progress, and to stay seated and not disturb your child while they are training as this causes distractions to the gymnasts and possibly lead to injury, but parents are welcome to go upstairs to watch. **Any parent seen to be distracting a gymnast will be asked to leave the viewing area!**

**14. Photography is NOT allowed during sessions without the express permission of the Head Coach. Any parent caught taking photos or filming will be asked to leave**

15. Any gymnast who normally wears glasses MUST wear them whilst doing gymnastics.

16. If the gymnast has been unwell or injured they should not train until they are completely well again. If they have been off school due to feeling unwell please do not come to the session. If your child has had a tummy bug or any sickness vomiting or diarrhoea they will not be permitted to train until 48hours since the last time they were sick has passed. The head coach will not allow participation of any gymnast who is unwell, and the parent will be contacted to take them home.

17. Gymnasts and coaches are not permitted to have mobile phones switched on in the gym at any time whilst coaching. Head Coaches/club secretary phones will be on and left at the front desk should parents need to contact us.

18. Parents are advised to contact the Head Coach, club secretary or a Welfare Officer of the club, in confidence, if they have any problems at the club.

[welfarekga@gmail.com](mailto:welfarekga@gmail.com)

19. Gymnast's details will be held on the secure Kestrel gymnastics academy Database. Details will NOT be passed to any third party.

Kind regards Tracey club secretary