

Code of conduct/guidelines for parents

Keep the club informed if your child is ill or unable to attend sessions

Ensure your child arrives promptly and is collected on time, children who are more than 10 minutes late will not be allowed to take part in the session

Wait with your child in the building until they go into the gym

Ensure your child is appropriately dressed and goes to the toilet before their class

Encourage your child to share with you what they have been learning

Endeavor to establish good communications with your child's coach & the club

Share any concerns you have with your child's coach, head coach and/or welfare officer

Code of conduct/guidelines for gymnasts

Come ready to work hard with a good attitude

Your coaches are here to help you improve - listen respectfully & learn brilliantly

Watch & support other gymnasts

Be safe - don't run around the gym, use your eyes and ears when moving around the gym

Respect our equipment

Wear sensible clothing & always have your hair tied securely back and remember no jewellery

Having fun & enjoying your sport is allowed

Always be the best you can

Little Socks Gymnastics aims to promote children's physical ability & confidence.

Our aim is for our gymnasts' and coaches to enjoy & develop gymnastics in a safe & structured environment.

To develop co-ordination, flexibility & strength by building up a range of skills according to age & ability.

To encourage our gymnasts to develop as individuals and enjoy working as part of a team.

