



Gymnasts, Parent/Carers Handbook

Little Socks Gymnastics

Gymnasts, parents & carers handbook

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About us:

Founded in 2011, our aim was to bring recreational gymnastics to children of all abilities in the Victoria Park area of Hackney. We operate at weekends only and offer classes to children from school reception age upwards. Our gymnasts follow the Little Socks "rainbow" badge scheme, we hold an annual competition and our gymnasts also have opportunities to perform in our club "festival in a day" at the end of the summer term.

We began with 30 gymnasts many of whom are still with us as coaches. We now have over 100 gymnasts and our senior gymnasts have opportunities to assist in our classes, attend judging courses and Level one coaching courses to further develop them.

We are a British Gymnastics registered club

Organisational structure

Julia Christie - Club Founder and Head coach

General Gymnastics Senior Club Coach, L2 Women's Artistic,

L2 Acrobatic & Tumbling

Gymnastics & movement for people with disabilities

Senior Coaches - BG Level 2 or 3

Natasha Kounna

Autumn Dawson

Renee Meme

Coaches- BG Level 1

Izzy De La Cruz

Amy McLachlan

Aicha Bishop

Firdaus Badmos

Greta Bhlom

Ruby Davies

Noah Williams

Trainee Coaches Young leaders and Assistants

Elena, Saskia, Freya, Viv & Zaynab

Safeguarding Officers:

Tracey Connelly

Heather Casson

All our coaches are registered & qualified through British Gymnastics

Little Socks Mission

The mission statement of Little Socks Gymnastics is ***“to provide a safe, inclusive & fun environment for children to develop physically, mentally & socially through recreational gymnastics”***

We aim to do this by:

- delivering positive physical activity to develop coordination, flexibility & strength
- building individual confidence & resilience in a disciplined, safe & structured environment
- building skills appropriate to age & ability
- encouraging team work
- promoting respect, perseverance & inclusivity

Little Socks Vision

To achieve our vision we aim to do this by:

- celebrating positive attitudes, hard work & to build confidence
- promoting values such as respect, teamwork & perseverance
- providing an atmosphere where everyone feels accepted, valued and respected
- ensuring professional & nurturing coaching
- building resilience & teamwork

Little Socks Objectives

Under the supervision of qualified coaches and structured sessions we believe taking part in gymnastics should be enjoyable, fun & progressive.

To help all members become the best they can through:

- developing physical confidence
- helping develop mentally
- promoting balance & co ordination
- developing strength & improving flexibility
- improving posture
- developing social skills

Coaches & volunteers all support & adhere to our club vision, mission & values. They understand their roles & responsibilities. Coaches & volunteers work collaboratively as a team & will feedback - both positive and negative comments in a constructive manner, without repercussion.

**Class information, class structure and class fees:
Saturday & Sunday - term time only**

10.00 - 11.25
11.30 - 12.55
1pm - 2.55pm
3pm - 4.25pm (Saturday only)

No gymnasts will be admitted 10 minutes after class has started. Gymnasts must be collected on time

Class structure:

1:25 hour class
10 minute warm up and general mobilisation
20 minute shaping and basic line work
20 minute - 1st rotation
20 minute - 2nd rotation
10 minute group activity
5 minute cool down & reflection

1:55 hour class
30 minute warm up, mobilisation with shaping flexibility and strength
10 minutes basic skills
30 minutes 1st rotation
30 minutes 2nd rotation
10 minute group activity
5 minute cool down & reflection

Class fees

All Term fees are due in advance.
Fees are non refundable and non transferable
Bank Transfer - sort code: 08 92 50
account number: 68168955
Please use your Childs full name as reference
Fees vary termly depending on the length of the term.
Current class fees are equivalent to £11.75 for a 1hour 25 minute classes
and £13.50 for a 2 hour class (September 2025)

Annual Membership fees:

**Little Socks membership - £20 per annum
British Gymnastics membership £21- £24**

Attendance, timekeeping & Uniform

Your child will thrive and progress when they attend class regularly. Please inform us of any exceptional circumstances which may prevent this. Your child may lose their place if their attendance is lower than 75%

Our sessions start & finish promptly. Please arrive at least 5 minutes before your session starts so you have time for the toilet and are ready to start on time. Doors open 10 minutes before the session and close 10 minutes after the session starts.

Latecomers will not be admitted

Ensure you collect your children promptly.

Gymnasts spend a lot of time going upside down & are encouraged to wear a leotard, they work in bare feet. We have club leotards available to buy/order from reception or you are welcome to buy your own. Shorts/leggings a tight fitting T shirt and/or a club t-shirt are also acceptable. Jeans, skirts, skirts with built in shorts, school wear, crop tops or combat trousers are not suitable for any part of the session. All piercings, jewellery and watches need to be removed before the start of the class.- this includes stud earring, hair beads, necklaces as laid out in our codes of conduct.

Long hair should be securely tied back. Verrucas should be covered by a waterproof coating and secure plaster, swim sock, or suitable non-slip gym/dance shoes or swim socks. Socks are not suitable, as likely to slip on the apparatus. Items of value or other personal items brought in are done so at the users' own risk, coaches & volunteers cannot accept liability for any personal belongings left or damaged on site.

It is not the coach's responsibility to look after any valuables.

Lost property - we will hold on to left property for one week only Please name your child's property so we can identify who it belongs to.

Toileting/hydration

Parents of gymnasts under 8s are reminded to check their child has been to the toilet before the class.

All gymnasts should bring a clearly labeled water bottle to class with them.

Medical conditions / Disabilities

Some medical conditions require a parent / carer to stay at the session in case administration of medication is required e.g. Epipen. Any medical condition, learning disability or attention disorder must be disclosed on the registration form and parents should speak to the lead coach before joining to ensure that all of the coaches are aware of any adaptations / risks which need to be considered. Participants with a disability who require one to one support will need to provide a carer, who will be led by the coaches within the class. Downs Syndrome gymnasts will require an atlanto-atlas screening prior to starting.

Discipline in classes

Gymnastics is a fun sport & we hope the children enjoy their time at Little Socks. However, we require all gymnasts to show a high level of respect & good behaviour in order to maintaining a safe environment. Gymnasts who do not follow instructions from a coach or volunteer by disruption other participants, not listening or attempting to perform moves that they have been asked not to present a real danger both to themselves and to others.

Little Socks Gymnastics Club behavioural policy works a three strikes rule.

We are committed to working with parents and gymnasts to improve all situations.

We will follow the 3 strike policy to ensure high standards & safe sessions for all.

Strike 1 - Repeated low level disruption/misbehaviour- or an individual serious incident of misconduct -

Consequence: Gymnast will receive a verbal warning, checking they understand what they did and asked sit out of the class for an allotted time period (2 - 5 minutes to reflect on their behaviour). The lead coach will follow up with gymnast & coach. Recorded in club records and parents verbally informed.

Strike 2 - Continued disruption/misconduct for the same behaviour will result in a 2nd verbal warning about the behaviour. Recorded in clubs records & shared with the parent/ guardian. Share ideas for improving behaviour.

Consequence: Gymnasts will be asked to sit out for a longer time period (5 - 10 minutes) If behaviour continues and is deemed unsafe for others parents/carers may be called and asked to collect.

Strike 3 - If repeated & continuous poor behaviour continues we will seek a meeting with parents/carers to review the child's place in the club. Look at creating a plan to help manage situation.

Consequence: We will always endeavour to look for solutions by working with gymnasts, parents and coaches, however this is not always possible and in extreme cases gymnasts will be asked to leave the club.

Gymnasts should respect the facilities, equipment and other participants when attending training sessions. It should be stressed that the highest standards of conduct and behaviour are expected from gymnasts who are members of the club.

Child Protection/Safeguarding & Health and Safety

Little Socks adopts and abides by British Gymnastics Health, Safety and Welfare guidelines as the safety and welfare of children and vulnerable adults in the club is a primary concern.. Any of our members or parents/guardians can report child protection/safeguarding concerns, to either the lead coach or one of our Club Welfare Officers. Welfare Officers will investigate any welfare concerns and work to implement any resolutions. In order to effectively investigate and resolve welfare issues, parents/ guardians are expected to maintain confidentiality around any welfare investigations.

The contact details for our Welfare Officers are
Tracey Connelly tashantonis@googlemail.com
Heather Casson casson8@icloud.com

We are committed to ensuring the safety and welfare of its members, coaches, volunteers and parents. We do this by:

- abiding by British Gymnastics Health, Safety and Welfare guidelines
- abiding by British Gymnastics guidelines for the Protection of Children and Vulnerable adults
- appointing a Welfare Officer to whom grievances and complaints can be made confidentially.
- ensuring the staff are suitably trained in Child Protection and Health, Safety and welfare issues and go through a Criminal Record Bureau check
- ensuring that grievances or complaints are dealt with in a reasonable time frame.
- ensuring that a minimum of two responsible adults are available at all training session and events
- ensuring that participants and/or parents are aware of the purpose of videoing, filming or photography during training or events
- having zero tolerance level for poor practice, bullying or any form of abuse

Duty of care

Coaches have responsibilities while your child is in our care. These include:

- care and well-being during training
- safe dispersal after training - if your child is allowed to leave unaccompanied by an adult please ensure we have written consent
- providing first aid
- providing/consenting to emergency medical treatment

Our Duty of Care starts from the time your child is delivered to the coach and lasts until your child is returned to a parent or other responsible adult appointed by yourself.

Photography

We do not publish any images or videos without written consent from the gymnast concerned (or in the case of a child from their parent or guardian). This consent is part of our registration process, & can be reviewed by a parent/guardian at any time.

Evacuation

In case of a fire or other emergency gymnasts participating in a session will be evacuated by their coach (under no circumstance must a parent evacuate their child under the responsibility of a coach). You must ensure your child brings outdoor shoes to the class with them.

Genuine emergency situations are thankfully rare. The lead coach on site will take overall responsibility and will be directed as required by the emergency services. Please make sure your emergency contact details are up to date.

Volunteering

As a club we are indebted to the dedication and commitment of volunteers. Currently the club has volunteer roles including:

- welfare Officers
- gym maintenance
- setting up and setting down of equipment
- reception administration
- young coaches

If you would be interested in volunteering please let us know

Codes of Conduct

The essence of good ethical conduct and practice can be found in our codes of conduct which all coaches, gymnasts, parents/carers and volunteers sign up to when joining Little Socks Gymnastics Club. Please ensure you and your child/ren are familiar with them

Code of conduct / guidelines for gymnasts

Come ready to work hard with a positive attitude

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

Watch and support other gymnasts

Be safe - follow the guidelines set by the coaches, don't run around the gym, use your eyes and ears when moving around

Respect our equipment

Wear appropriate clothing and always have long hair securely tied back from your face

No jewellery - including stud earrings and hair beads

Having fun & enjoying your sport is allowed

Always be the best you can

Code of conduct /guidelines for parents/guardians

Keep 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 until they have started their class or are safely in the care of the coaches

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

Establish good communication with your child's coach and the club

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

