

## **RULES AND REGULATIONS**

### **DRESS**

The wearing of jewellery is NOT permitted. If a gymnast has pierced ears and cannot remove her earrings, sticking plaster must be worn over them during training (this is the responsibility of parents). Hair must be worn clear of the face, tied back if necessary. Leotards must be worn at all times during competition squad training, close fitting shorts and T shirt are acceptable in Recreational classes. Squad members are expected to purchase a Club leotard as soon as possible. All gymnasts can purchase and wear a club sweatshirt.

### **FEES**

Recreational fees are paid on arrival at the beginning of each school ½ term. Squad fees are paid on arrival at the beginning of each full school term.

ALL gymnasts are registered with British Gymnastics, the annual fee is paid on October 1st each year. (Fee determined by British Gymnastics). Fees NOT paid within the first 2 weeks will lead to gymnasts losing their place as they are not covered to use our equipment.

### **ABSENCES**

If a gymnast is unable to attend a training session, we would expect to be notified. Any gymnast who misses three consecutive sessions without informing the club, will lose her place.

### **SPECTATORS**

Due to the short duration of recreational classes, parents are allowed to wait on the balcony. Parents of squad members are not allowed to watch. Distractions for gymnasts in training can lead to loss of concentration and may result in accidents. We try to hold an open session each term for parents to see the progress made. The main doors to the gym will be locked during our training sessions for security reasons. In an emergency the side door on Hartington Street can be used, (please ring the bell) or you may ring the Gym on the above number.

### **MEDICAL**

Please ensure you have completed medical and registration forms. We need to be aware of any condition which may affect a gymnast's health or physical development.

### **TRANSPORT**

If your daughter is involved in competition work, she may be required to travel within the county or even further; It is the responsibility of parents to arrange transport to and from the event, in line with Child Protection Policy Guidelines.

### **PHOTOGRAPHY**

Photography is strictly forbidden during all training sessions to protect the girls from social media exploitation. This is in line with British Gymnastics guidelines and our club Child Protection Policy.

### **CONDUCT**

It is expected that gymnasts will arrive punctually at all training sessions. It is very difficult to organize training if all gymnasts are not together at the start of the session. Gymnasts should be collected promptly at the end of training. We have always been proud of the way F.G.C. members have conducted themselves both during training and at competitions. If a gymnast fails to reach or maintain the club's expected standard of conduct, parents will be informed. Persistent misbehaviour will result in exclusion.

Abuse of any kind (including verbal) by parents, relatives or gymnasts, towards any of our coaches, helpers or gymnasts will NOT be tolerated and will lead to the immediate exclusion of any related gymnast.

### **PARENTAL HELP**

Parental help is always appreciated, in the gym, with cleaning or general upkeep of the building. If you have a spare ½ hour we have a hoover and cleaning equipment even a few gardening tools. Anything you can offer will make the task of running this gymnastics facility a little easier.

Please remember we are all volunteers who give our time for your children and this club.