



Gymnast, Parent and Carer Agreement

Southbourne Gymnastics Club ('The Club') was established in 2003 to provide a fun, safe and friendly environment where children and young people could participate in gymnastics classes. As well as learning and reaching their full potential in gymnastics. The Club aims to provide a space where all members can be surrounded by kindness, learn social skills and build resilience, whilst having fun. These are paramount and are the underlying ethos of the Club.

The Club coaches and Welfare Officer will be members of British Gymnastics and have completed an up to date DBS, the British Gymnastics Safeguarding Course and the relevant qualifications for their role. An up to date list of personnel can be found on the notice board in the corridor of the Leisure Centre

Members refers to all coaches, club officers, gymnasts and parents and carers.

All coaches and volunteers within the Club are fully committed to safeguarding and promoting the well-being of all club members. All coaches, administrators, gymnasts, parents and carers must, at all times, show an understanding for the safety and welfare of others, including anyone encountering club members at events away from Southbourne Gymnastics Club.

All members must be treated with kindness and respect and must respect fellow members. Bullying within the Club will not be tolerated, and the Club reserves the right to suspend membership if investigation is required and to terminate membership if it deems it appropriate.

Gymnasts must keep to agreed training times and arrive in a timely fashion for their class or event. Gymnasts arriving more than 10 minutes after the start time of their class, without prior agreement with the Head Coach, will not be able to attend that session.

Gymnasts must wear suitable clothing for training and events. Bare feet with hair tied back and no jewellery along with a leotard, unitard, t-shirt, shorts or leggings. Anyone wearing jewellery at training invalidates the club's insurance and this is not permitted. In the case of newly pierced ears, earrings can be worn but taped over for a period of six weeks. After that time earrings must be removed for the session, it is the gymnast's responsibility to take care of any jewellery removed but kept in the gym.

Coaches must be informed of any injury, medical condition or additional needs which will affect gymnasts whilst at their session. Please keep the club informed if your child is ill or unable to attend a session and never force your gymnast to take part in a gymnastics session.

Gymnasts must be dropped off and collected at the end of the session from the Gym entrance and not the entrance to the Leisure Centre. Gymnasts will not be allowed to exit the hall

without a parent or carer being present unless they are over 11 and it has been indicated they have permission to do so on their Membership Form. This is in line with British Gymnastics Guidance.

Always ensure your child has plenty to drink during their session.

Parents and carers should encourage gymnasts to be aware of this agreement and what the Club expects. They should encourage their gymnast to understand the expectations of kindness and respect, the need to recognise good performance, in themselves and others, and not just results. The coaches will never punish a child for poor performance or making mistakes and the Club expects the all parents and carers to recognise this.

While watching your gymnast please use respectful and appropriate language at all times, never belittle a gymnast for a poor performance or making mistakes, support your child's involvement and help them to enjoy their gymnastics and their time in the gym. Allow other spectators to enjoy their time watching their gymnasts too by using appropriate, supportive and kind language. Do not comment on other gymnasts.

Parents and carers must provide the Club with at least two contact phone numbers for their gymnast. Where gymnasts are spending time between more than one home BOTH contact details must be provided. i.e. if parents are separated the Club must hold contact details for both parents unless otherwise agreed with the Club.

The Club's Facebook page is a closed page and strictly for members only. If parents and carers have ideas, suggestions, concerns or complaints these should be addressed directly to the Club via email (and not on the Facebook page). Such matters will be treated as confidential. Social Media is not to be used to discuss or comment on gymnasts in a negative manner. By agreeing to become a member of the Club this means parents and carers are happy for their gymnast to be photographed and mentioned on the Club's Facebook page or website. If permission is not granted for this, it must be specifically given in writing via email and indicated on the Membership Form.

Photos or videos must not be taken within the gym or from the viewing balcony. This is in line with British Gymnastics guidance and the Leisure Centre's rules. Any photos or videos taken by coaches will be deleted once used for coaching purposes or social media.

The Club is not responsible for the loss or damage to belongings brought into the gym.

Gymnasts must not use apparatus without supervision by a coach and must only work on instructions given by their coach and not from a parent or carer. The Club reserves the right to end a gymnast's membership where 'coaching tips and techniques' are given by a parent or carer. Parents and carers must not distract gymnasts whilst they are training or engage in conversation with gymnasts from the viewing areas. Please respect that the Coaches are experts in the gym.

Parents and carers must ensure the gymnasts understand they must not leave the training session without notifying their coach.

The Club is affiliated to British Gymnastics, the South East Region and Sussex Gymnastics. All gymnasts must be individually affiliated to British Gymnastics to comply with insurance and membership requirements. Gymnasts cannot train without British Gymnastics insurance and membership.

All fees are payable upon request. Squad fees must be paid by the 5th of each month for the following month. If not, a late payment fee applies. If at the end of that month payment is still

outstanding the Club reserves the right to end the gymnast's membership with the Club. Recreational fees are payable on request termly. Non-payment after two sessions may result in membership and the gymnast's place being withdrawn. Gymnasts may not enter an event, a competition or purchase club merchandise if there is an outstanding balance owed to the club.

Refunds may be issued at the discretion of the Club.

All gymnasts are offered a place on a trial basis. The Club reserves the right to refuse membership to any applicant.

The Club reserves the right to suspend any membership for behaviour it deems to be inappropriate.

Should you wish for your child to attend a trial at another club you should notify The Club prior to doing so. The Club reserves the right to terminate any gymnast's membership if they are undergoing a trial at another Club.

In attending gymnastics classes at The Club it is deemed that gymnasts, parents and carers agree to "The Club Agreement".