



**WIRRAL GYMNASTICS CLUB:
RULES & CODE OF CONDUCT**
For Parents/Guardians/Carers of Squad Gymnasts



Wirral Gymnastics Club is committed to providing a friendly environment which puts the safety and welfare of all our members as its highest priority. **We believe that everyone associated with the club deserves to be treated with respect at all times.** Please help us to achieve these things by adhering to the following conditions:

REGISTRATION

- All participants must be insured through British Gymnastics and pay club membership on time.
- Sessions must be paid by standing order by the first day of each month. An administration charge of £7.50 will be applicable for payments that are not received on time. Non-payment could result in your child's training being cancelled.
- Sessions must be paid for even if your child is on holiday, ill or leaves the club before the end of the month, unless a doctor's note is provided if they cannot train for 1 month or more due to injury.
- Payments will not be refunded if a gymnast leaves the club part way through a month. One full month's notice must be given if a child intends to leave; otherwise, payment is still due for the following month.

MEDICAL

- All medical information must be declared on our membership form, even if you feel it is not worth mentioning. Failure to do so could render your child's insurance invalid.
- Please inform the club if your child has had an injury or felt ill prior to the session.

ATTIRE

- Squad gymnasts must wear a leotard or unitard for training. Gymnastic shorts must be worn with boys' unitards but are optional for girls. No other clothing is allowed once warmed up.
- The club training leotards/unitards must be worn as requested, currently on Wednesdays and Saturdays. If girls choose to wear shorts on these days, they must be the coordinating royal blue colour.
- Club or squad leotards and tracksuits **must** be worn for training sessions away from the club and at all competitions as requested. Any gymnast without the appropriate club attire may be withdrawn from the competition.
- No jewellery is to be worn as it is dangerous and could render insurance invalid.
- Long hair must be tied up with no hard bobbles or clips which could impede training.

ETIQUETTE

- **Gymnasts must arrive on time for each session or event.**
- Please inform the club if your child will be absent. Repeated absence may result in squad places being withdrawn.
- Please do not sit or stand in doorways or walkways. Keep these areas clear at all times by storing belongings in the changing rooms or waiting room.
- Support your child's involvement! Help them to enjoy their sport and achieve to the best of their ability.
- Set a good example by being a good sportsperson. Publicly accept officials' judgements and decisions and discourage your child from challenging or arguing with officials.
- Please show respect for the coaches' decisions. Your child has been offered a place in the group in which it is felt they will best achieve. This means they will be required to work with any suitably qualified coach.
- Any floor routines taught to the gymnast remain the property of WGC. Videos may be recorded for personal use, but **floor routines, including the music and choreography, may not be shared publicly or posted online in any format.**
- Squad gymnasts are not permitted to train with any other gymnastics club without prior permission from the Head Coach – this includes open sessions and holiday clubs.

SAFEGUARDING

- Children may not be left unattended in the gym or the car park until a coach has taken responsibility for them. Any children not taking part must stay with their responsible adult and may not be left unattended in the building.
- **Children are not permitted to leave the building without an adult** (unless WGC has received prior written consent for them to do so). Prompt collection at the end of each session is greatly appreciated.
- **Taking photographs or videos during training sessions is strictly prohibited**, either onsite or away from the club.

Breach of any of the above could result in your child's membership to the club being withdrawn.

If you have any queries or concerns relating to your child's coaching or any other issue, please raise this with the Head Coach rather than other parents or parties. If you do not feel you can approach the Head Coach, you are welcome to voice your concerns to the Welfare Officer.

Your child also has a Code of Conduct to follow. Please go through it with them and encourage them to abide by it.



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For Squad Gymnasts



Wirral Gymnastics Club will do their best to provide a safe and friendly gymnastics club for you to enjoy. As a squad member, please help us by showing respect to all those you work with and following our rules:

- Always participate within the rules and respect coaches, judges and their decisions.
- **Respect all fellow members of the club and opponents. Always be kind and considerate.**
- Keep to agreed timings for training and competitions or make sure your coach is informed if you are going to be late or absent. Please be aware that repeated absences may result in you being moved to a different squad or into a recreational group.
- If you feel ill or get injured before or during training, make sure you tell your coach.
- At the end of any session, **stay inside the building** until your parent/ guardian/ carer comes to collect you.
- As a squad gymnast, you must wear a leotard or unitard for training, including club training leotards/ unitards when requested. Gymnastic shorts must be worn with boys' unitards but are optional for girls. No T-shirts, socks or other clothing is allowed once warmed up.
- You **MUST** have the club leotard and tracksuit for competitions and away trainings. If you don't, you may be withdrawn from the event.
- No jewellery may be worn as it is dangerous and you will not be insured if you do.
- Keep long hair tied up and avoid hard clips or bobbles which could get in the way.
- Keep walkways and doorways clear by putting all your belongings in the changing rooms.
- Be sensible. Never run around the gym.
- Only go on equipment when you are instructed to do so and treat all equipment with respect.
- Do not eat food or sweets during training, unless your coach has told you to do so.
- Never use bad language or behave badly either in the club or whilst representing the club elsewhere.
- You must not smoke, consume alcohol or take drugs of any kind either on the premises or whilst representing the club elsewhere.

If you ignore these rules, you may be asked to leave the club.

If you have any concerns or complaints, please speak to the Head Coach or our Welfare Officer – their details can be found on the wall in the reception area when you first enter the gym