



WIRRAL GYMNASTICS CLUB:
RULES & CODE OF CONDUCT
For participants in the Adults-Only classes



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.** As you are a member of the club, please help us achieve these things by adhering to the following conditions:

REGISTRATION

- To participate, all members must be insured through British Gymnastics and hand in a completed club membership form annually.
- Please note that payments are non-refundable unless the club cancels the session. In the unlikely event that this happens, payments made for that date can be refunded or transferred to another date.

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 insurance invalid.
- At the start of each session, please inform the coach if you have had an injury or felt ill.

ATTIRE

- Attire should be comfortable and easy to move in, such as a T-shirt or unitard with shorts/leggings/jogging pants, or a leotard (shorts optional). Feet must be bare.
- Long hair must be tied up. We advise you to avoid using hard bobbles or clips as these may hurt when you are training.
- No jewellery may be worn (including holiday bracelets or wristbands) as it is dangerous and could render your insurance invalid.

ETIQUETTE

- **Above all, please treat all coaches, fellow participants and anyone else associated with the club with respect. Be kind and considerate of others.**
- For all sessions, please arrive promptly to help the coaches start on time.
- **Please do not sit or stand in doorways or walkways. Keep these areas clear at all times by dressing or undressing in the changing rooms and storing belongings in the changing rooms or waiting room.**
- Please support the positive, encouraging atmosphere we are trying to create by being a good sportsperson!
- Only go on equipment when you are instructed to do so and treat all equipment with respect – this includes the sprung floor.
- Outdoor shoes may not be worn on the sprung floor or in the equipment room.
- Food and drinks are not permitted on or near the sprung floor or in the equipment room.
- Do not use bad language or demonstrate antisocial behaviour either in the club or whilst representing the club elsewhere.
- Smoking, consuming alcohol and taking drugs of any kind is prohibited, either on the premises or whilst representing the club elsewhere.

COACHING

- Please show respect for the coaches' decisions. This means working with any suitably qualified coach at your session.

Breach of any of the above could result in your membership to the club being withdrawn

If you have any queries or concerns during your time with us, please raise this with your session coach rather than other members or parties. If you do not feel you can approach the coach directly, you are welcome to voice your concerns to the Head Coach or Welfare Officer.