

Longridge Gymnastics Club



Club membership policy

Last reviewed 03/01/2022

All Gymnasts MUST:

- * Abide by the rules regarding dress and conducts as stated in this policy
- * Respect officials, coaches, judges, and other officials at all times
- * Attend all your group sessions and if unable follow the procedures stated in this policy
- * Be punctual in attending session
- * Support and encourage fellow participants
- * Be sporting in competition, recognise competitor's achievements and use the experience positively to enhance your future performance
- * Follow instructions given by a coach as quickly and exactly as possible
- * Always train with a positive attitude, using all the time available to practice the skills you are working on.
- * Take care of the clubs equipment
- * Have pride in the club

All Parents and Guardians MUST:

- * Abide by the rules and conduct in this policy.
- * Respect participants and club officials; particularly avoid criticism which may cause offense to other participants or their guardians.
- * Remember that children learn best by example.
- * Supervise any children not involved in a coached session to ensure safety.
- * Show appreciation to coaches and officials, remember most of them are volunteers and without them your child could not participate.
- * Encourage children to participate but do not force them, the best results are achieved by the intrinsically motivated.
- * Assist your child in arriving punctually for training; adequate warm-up is essential preparation for activity and avoidance of injury.
- * Ensure that the session has a coach present before leaving your child at the gym; we will endeavour to contact you if a session is cancelled but cannot be responsible if your child is left when a session is not run.
- * Be punctual in collecting your child; unless alternative arrangements have been made, coaches are advised to inform the emergency services if a child has not been collected after 15 minutes and no contact can be made on the telephone numbers held at the gym.
- * Inform the club if your child cannot attend any sessions when expected.
- * Inform the club of any changes in details to ensure that you are contactable at all times in case of an emergency.
- * Inform the club of any medical conditions or any change in health of a child

which could affect training; such as medications, allergies.

* If wishing to speak to a coach, please be patient; coaches are responsible for gymnasts' safety and as such may not be able to speak to you immediately.

* Encourage a healthy balanced diet for your child, high level training requires good fluid intake - water or squash not fizzy drinks.

* If you feel able to offer help in the form of assisting coaching, fundraising etc., please let us know - it's your club too.

All Coaches and Officials MUST:

* Abide by the rules regarding dress and conduct stated in the policy.

* Develop an appropriate working relationship with participants and other coaches/officials based on mutual trust and respect.

* Ensure gymnasts are adequately prepared mentally and physically for the activity undertaken.

* Use safe and progressive methods to improve the gymnast's skills at a steady rate, taking into consideration age, ability and experience of the gymnast.

* If in doubt about a skill ask a senior coach.

* Do not coach skills above the level of your coaching qualification, unless under the supervision of a senior coach.

* Display high standards of behaviour and appearance do not use inappropriate language in the gym.

* Report all incidents regarding safety or any other complaints with the clubs procedures and ensure that parents are advised of any injuries sustained during a session.

* Consider the wellbeing and safety of gymnasts is as important as development and performance.

* Promote the positive aspects of the sport (e.g. fair play)

* Ensure that any information of a confidential nature is not divulged inappropriately.

* Advise the senior coach if you are unable to attend any sessions which you are expected, as soon as possible.

* Be alert to any equipment which is potentially unsafe; if possible make it safe, or report the hazard to a senior coach.

* Ensure gymnasts are collected after sessions; inform a senior coach if a child remains uncollected 15 minutes after a session.

Attendance and Punctuality are an important aspect of developing your child's gymnastics, particularly for children taking part in the development classes. It is vital to attend all expected training sessions and arrive on time. Not only is this expected from the club, it also shows good discipline and respect for the sport, each of which are particularly significant to gymnastics. Warm up is extremely important to prepare a gymnast, both mentally and physically, in achieving the best from the training sessions. It also prevents injury and allows the highest level of performance. Please be punctual to allow the running of the warm up to commence efficiently. If on occasion, it is not possible to arrive on time the club must be informed as soon as possible. Similarly if you are unable to attend a session the club must be notified as soon as possible. Please be aware that attendance and punctuality are monitored on a regular basis and are often looked at when considering whether a gymnast can progress to another group.

Dress Code

Recreational - There is no specific guidelines regarding attire but parents should ensure that clothing does not cause a hazard to your child or other participants. Items of clothing with a hood, buckle or significant adornments are not permitted, as they may be unsafe for the participants or damaging to the equipment. The club recommends a leotard for girls and a leotard and shorts for boys; t-shirt and shorts are also acceptable. Training leotards and club track suits for boys and girls can be purchased from the club.

Development and Competitive - Once accepted into the development or above classes, the gymnast must wear a leotard for girls (shorts are permitted for the bar and occasional training but should not be worn all the time) and a leotard and shorts for the boys. A club track suit must also be purchased and worn to and from training sessions. In addition a competition leotard must be purchased but saved for competition or club events, never worn for training sessions.

Coaches - Coach and volunteer helpers are required to wear appropriate clothing to set a high standard to gymnasts. Club track suit and t-shirt should be worn.

Jewellery - No jewellery of any kind may be worn while training under the BGA policy. This includes earrings which must be removed or as a last resort covered over with tape. The club is not responsible for providing tape to allow gymnasts to train.

Hair - Hair must be either cut short or tied back away from the gymnasts face. Long pony tails are potentially hazardous and therefore should be plaited or tucked in a bun. Please note that this requirement applies to both boys and girls.

Insurance

Members attending coached sessions will be required to pay an annual membership fee to British Gymnastics which covers insurance. All recreational members will pay bronze level membership and competitive members will pay silver level. The club, coaches, and officials are also insured to an appropriate level through British Gymnastics.

Competition, Awards and Progression

The club adopts the ethical policy of British Gymnastics promoting equality to all participants. The club also promotes a policy of encouraging competition for all levels of achievement. All members are expected to compete in at least one competition a year and the club will participate in Levels and award schemes deemed to be appropriate to the gymnasts.

Health and Safety

The club takes every precaution to ensure the health and safety of those using the facility. The sport of gymnastics is however potentially dangerous due to the nature of the activity and also the level of body conditioning required to achieve success. All our coaches are appropriately trained and instructed to coach skills in a safe and progressive manner, using the necessary spotting and supporting techniques during training. Accidents are however not always preventable. It is important that participants are guided by parents and guardians to maintain concentration and to listen and carry out coaches instructions precisely in order to minimise risk. Should an accident occur to any participants the coach is required to provide appropriate first aid and if necessary alert the ambulance service, the child's parent or guardian will be informed immediately. In less serious circumstances the coach will decide whether to allow the gymnast to continue or inform the parent or guardian to take the child home. The coach may also advise the parent or guardian to take the child to the emergency department / doctor or just rest the injury. If the gymnast is allowed to continue an accident report will be completed and the parent or guardian will be informed at the end of the session. The club, gymnasts and coaches are fully insured through British Gymnastics against any liability following accidents in the gymnasium. The club is required to notify British Gymnastics of accidents that occur in the facility in case of any claim made against the club or officials.

Equality Policy

Longridge Gymnastics Club is committed to exemplary standards of conduct through the principles of equality and good ethical and moral frameworks. The club encourages individuals from all communities to become involved in all levels of participation, coaching, officiating and management. The club will ensure that all coaches, staff members, committee members and club members adhere to the following principles;

- * All persons must respect the rights, dignity and worth of every human being.
- * All individuals must be treated fairly and equally regardless of gender, age, ethnic origin, religion or political persuasion or disability.
- * Equality must permeate throughout strategic and development plans.
- * An equal professional service will be provided for all participants and discrimination through race, gender or disability will not be tolerated.
- * Sexual and racial harassment and discrimination is prohibited.

The equality policy will be enforced through the discipline procedures that are also in place to enforce the club codes of conduct.

Child Protection Policy

Longridge Gymnastics Club strives to ensure that the children and vulnerable adults are protected and safe from harm whilst participating in gymnastics classes. We endeavour to promote the highest standards of care for participants and willingly accept responsibility for;

- * A duty of care for all children and vulnerable adults whilst on the premises.
- * Specifically appointing and training a staff member for the role of "Children & Vulnerable Adults Protection and Welfare Officer". This person is available as a confidential and accessible route for people to voice their concerns or allegations regarding issues of protection and welfare.
- * Dealing with all issues of protection and welfare sensitively, swiftly and confidentially.
- * Enforcing a code of conduct for all members, backed up by a disciplinary policy.
- * Operating a strict coach's code of conduct and employee disciplinary procedure.
- * Carefully recruiting coaches and ensuring that they hold both valid training qualifications and certification from the disclosure and barring service indicating their suitability to work with children.
- * Promoting the ongoing training and development of coaches both through the British Gymnastics Coaching Schemes and in child protection training.
- * Ensuring that situations do not arise wherein a child is alone and unobserved with a coach/adult on the premises or during travel to a competition. At all times on site

children will work in groups or with other coaches and children in the gym. On visits off site where it is necessary for children to travel with a coach, where possible more than one adult will attend the trip, where this is not possible the children will not travel unless with the express permission of the parents/guardian.

Club Photograph and film Policy

Longridge Gymnastics Club has a legitimate interest in taking photographs and filming to promote the club. We respect your privacy and believe that you should have a choice about how your images are used.

Filming for coaching purposes - On occasion, we may film gymnasts e.g. during a gymnastics session for coaching purposes. Videos taken at training sessions for individual coaching purposes will not be used for any other purpose without prior consent.

Photography and filming at large club events to promote the club - At our large club events such as our annual club competitions and club display, we take photos to promote club activities and may film the event to create a DVD. We publish images on our website, social media account and in our communications. Any images of children will be published in line with British Gymnastics safeguarding policy.

It is your duty to let us know if you do not wish to be filmed, photographed or do not want your image to be published. While we can usually take steps to prevent you from being photographed or filmed at small club events, please bear in mind that at our large public events, it may be difficult to avoid capturing you in footage. However, we always review all photographs prior to publication and we will ensure any images of you are deleted.

If we are filming or taking photos for any other purpose, we will ask for your consent.

Fees

Gymnast's fees are monthly. The fees are charged monthly and due on the 1st of each month by standing order. Parents should inform the club if they do not wish to re-enrol. Gymnasts who are taken to competition will pay an entry fee to the competition organisers but will not pay the club, as the coaches give this time voluntarily. There may on rare occasions be a class cancellation due to competition, other club events or for unforeseen circumstances.

MEMBERS ARE REQUESTED TO PAY ACCOUNTS PROMPTLY TO AVOID CAUSING THE CLUB ADDITIONAL ADMINISTRATION WORK.

Welfare officers

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First aiders

Alex Barton

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Chloe Unsworth

Bindi paula Luke

Stephen Anyon

Rachael Barton

Katharine Woods

Fire marshals

Alex Barton

David Hanson

Sheila Hanson

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Health and safety officers

David Hanson

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