

GYMNASTS / PARENTS CODE OF CONDUCT AND RULES

Parents should become familiar with the club rules and relevant policies, regarding membership, fee's and procedure for regular classes.

Gymnast / Parent Rules:

Below is a summary for quick reference. For more information, policies and our Codes of Practice, please click on the links at the bottom of this page.

Our rules are in place for the safety and happiness of the gymnasts, as well as the smooth running of all classes (which of course benefits the children as well) ...

This is a summary only:

Gymnasts should:

- Follow their coach's instructions and only do the things they are asked to do
- Arrive for class dressed in appropriate attire according and with no jewellery
- Arrive on time and not leave until dismissed by the coach
- Be kind and respectful to others
- Ensure mobile phones are to be switched off or turned to silent during class

Parents Please:

- Arrive on time and wait with your child until the coach welcomes them into the gym
- Ensure your child is dressed appropriately
- Do not bring a child who is sick.
- Drop off and collect your child from the drop off zone
- Ensure your contact details is up to date. Any changes can be made by simply logging into your Love Admin account, changing the applicable fields on the registration form, then clicking save at the bottom.
- Parents are not allowed into the gym area during training or classes unless invited or in the event of an emergency (or parent & toddler sessions) No unauthorised personnel will be allowed in the training area.
- For safeguarding reasons, please do not take any photographs from the upstairs waiting room. Parent's / individuals wishing to take photos of their child in the gym must request permission from the coach in charge of class. Usually we are quite happy to allow this at the end of a class, as long as no other children are in the photos.

Gymnasts and parents alike should avoid intimidating or offensive behaviour. Gymnast and parents should avoid disparagement of the knowledge, abilities or performance of others. Accepted methods of raising concerns must be used where deemed necessary.

Permitted Attire:

Our dress code reflects the British Gymnastics Association policy on appropriate dress for gymnastics activity. It is the responsibility of parents to ensure that children are appropriately dressed for class. This includes the removal of jewellery and the securing of hair. Coaches have the right to refuse to allow children to participate on grounds of reasonable safety if they attend inappropriately dressed.

LEOTARDS, LEGGINS, SHORTS, TSHIRTS, VESTS, TRACKSUIT JOGGERS/ BOTTOMS.

Non permitted Attire:

No zips or buttons or other protrusions/dangly bits.

No over-sized sweatshirts/trousers, oversized T-shirts, skirts.

No hooded sweatshirts / tops except during warm up

The British Gymnastics Code of Dress Policy which includes information on exemption can be found in the [Policies] section of this website and select [Health and Safety].

Other considerations:

Footwear: Gymnastics is usually performed in bare feet.

Some specialised footwear can be worn for some disciplines at competitive level. Socks may be worn for work on beams (learning spins etc)

Hair: Hair must be tied back or secured completely off the face. Long hair must be secured in a ponytail(s) or plaited. Soft hair ties only, and flat hair clips. No hard protruding decorations.

Jewellery: The wearing of any jewellery whatsoever is strictly prohibited for gymnastics activities. This includes earrings and any other piercings which must be removed for gymnastics class.

The British Gymnastics Policy on Jewellery can be found in the [Policies] section of this website and select [Health and Safety].

PLEASE NOTE: Participation Insurance is invalid if the rules on dress and jewellery are contravened.

Specific Circumstances: To ensure that our activities are accessible to all, if there is a cultural or religious reason for the wearing of specific attire that contravenes our dress code, please speak directly to your head coach (Justine) who will guide you through the exceptions process.

Punctuality:

Coaches reserve the right to refuse admittance to children arriving late on grounds of reasonably safety. The first few minutes of each class are spent on activities which warms the children up. This is followed by loosening and stretching ready for gymnastics.

PLEASE NOTE: Allowing a child to participate without having a suitable warm up contravenes British Gymnastics Policy and therefore renders the clubs and the individual's insurance invalid.

Where possible we will allow a late gymnast to join in if an individual warm up & stretch can be done prior to using main apparatus. If you are running very late, we strongly advise you come in with your child to ensure he/she can participate, rather than just dropping him/her off.

Although it may be distressing for your child to miss class when things go wrong, it is more distressing to be dropped off and not be able to participate.

Toilet Trips:

There is a unisex toilet located in the drop off zone and in the gym. Please try to ensure your child has been to the toilet before class. Children will be permitted to go to the toilet during class as long as they notify their coach that they are going.

(We do understand that with the younger children, accidents will happen and we have a policy of not making an issue of it when it does)