

## Squad Membership Information

**Training and Cost:** Squad gymnasts train twice a week at SWR, totalling 6 hours. **Tuesday evenings 5:45- 8:15pm** and **Saturday mornings 8:30-12 noon**. Squad gymnasts are expected to attend both sessions every week, poor attendance will result in gymnasts losing their squad status. With the increase in training hours gymnasts will progress quickly and would fast be left behind if their attendance is poor. Gymnasts (and parents please!) are required to help put the equipment away at the end of the sessions.

**Payments and refund policy:** The cost of these sessions are currently £3.85 per hour, totalling £23.10 per week.. These fees are usually payable termly in advance via online banking, however arrangements for payment plans can be made on request by contacting the Club. If you cannot pay online please contact the club as detailed on your invoice. Non-payment of fees is a breach of the Code of Conduct (see attached) and will result on your gymnast's place being withdrawn.

Refunds for sessions will be offered if there has been a cancellation/s during a term which has already paid for. This will be given as a credit on the invoice for the following term. We are unable to refund sessions missed due to illness or injury. We also cannot refund any sessions should you choose to leave the club during a term. In cases of serious illness or injury that may require the gymnast to be absent for longer than three weeks, please contact the club. Fees for annual membership of British Gymnastics are compulsory and non-refundable.

**Uniform and Equipment:** Squad gymnasts will also be required to wear correct gymnastics attire to every session. This is to get the gymnasts used to doing gymnastics in just their leotard, many gymnasts feel self conscious at competitions as they are not allowed to compete in shorts or leggings.

**Uniform: (training)** Black leotard, full length sleeves Hair tied back tightly in a bun or plait Tetbury Gymnastics Club tracksuit (available to order from the club for £42 or we have a small selection of second-hand tracksuits on request) No jewellery (studs may be covered by tape if ears are newly pierced)

Gymnasts will also need to bring hand guards to every session. Gymnasts will be spending a longer period of time on the asymmetric bars. By wearing hand-guard's gymnasts reduce the risk of slipping off or getting blisters. Hand-guards can be easily purchased online for less than £10 and come in a variety of colours and sizes. If hand-guards are forgotten, we regret we do not carry spares so; gymnasts will not be able to train on the bars.

**Uniform: (Competition)** Competitive leotards and hair scrunchies are provided by the club when needed and must be returned for laundering after each use. Please do not wash them.

**Code of Conduct:** Parents and gymnasts are required to read and sign the attached Code of Conduct. We are fully committed to safeguarding and promoting the well-being of all our members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with the Welfare officer, following the grievance procedure.

**Privacy policy:** Tetbury Gymnastics takes the privacy of members very seriously. Please read our Privacy Policy which is included in your New Starter pack. Acceptance of membership and payment of fees is taken as acceptance of this policy.

## Code of Conduct for Members

**1.** All members must participate within the rules and respect coaches, judges and their decisions. **2.** All members must respect opponents and fellow club members. **3.** Members should keep to agreed timings for training and competitions or inform the club if they are going to be late or absent. **4.** Members must wear suitable attire/club uniform for training and events as agreed with the coach. Keep all long hair tied back. Additional clothing may be worn at the discretion of the coach. Senior gymnasts are allowed to wear suitable black shorts (eg cycling shorts) or club tracksuit bottoms over the leotard. No jewellery is to be worn during sessions. No responsibility can be accepted for any loss or damage resulting from failure to comply with this rule. **5.** Members must pay any fees for training or events promptly. All fees shall be paid by the date specified on the invoice. Failing to comply with this will incur a late payment fee. **6.** Members must register/renew with British Gymnastics by 1st October each year. Failure to do will result in being excluded from training due to inadequate insurance cover. **7.** No food or drink to be consumed during gym sessions except for bottled water which should be in a plastic bottle with a sports top. No chewing gum is allowed in the gym. **8.** Members should treat all equipment with respect. No gymnast should use any apparatus without the permission of a coach. **9.** Members must inform the head coach of any injuries or illness they may have before the warm – up begins. Any required emergency medication e.g. asthma inhalers/epi-pens must be brought to each session. **10.** No photographs of gymnasts should be taken at any time unless with prior permission of the coaches. **11.** Gymnasts must not leave the gym without the permission of a coach and should not wander into any other part of the building. Gymnasts should remain with coaches at the end of the session until collected by their parents, carer or agreed adult. **12.** Gymnasts must be collected promptly after their sessions. If a gymnast is not collected and we are unable to contact the named

adult/s, the club reserves the right to contact the relevant authorities. **13.** All senior gymnasts should remain in the gym to help put equipment away at the end of the session. **14.** Gymnasts must not be left at the Gym Club unless there is a responsible Gym Club member present. **15.** Parents, carers and siblings are welcome to spectate during 'Open Door' sessions at the coach's discretion, usually at the end of each term. If a disturbance is caused the coaches may ask the person(s) responsible to leave the gym. **16.** These rules must be read in conjunction with the constitution. Failure to abide by the rules may lead to the club member being suspended.

January 2020

## Membership Declaration

When you register for membership with British Gymnastics, your contact information, consent for photographs and medical information will be accessible to us. We will only ever use your information for the purpose of communication about club matters and for emergencies such as illness or injury. We will never pass your details to third parties.

1. I consent for the above information to be accessed by Tetbury Gymnastics Club for the purpose of communication about club matters and for emergencies such as illness or injury.
2. I have read and understood the Code of Conduct for members and agree to abide by the club rules and constitution.

Signed: \_\_\_\_\_  
(Parent/carers)

Signed: \_\_\_\_\_ (Gymnast)

September 2017