

Rowan Gymnastics Club

Rules for Gymnasts

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Introduction

To ensure the safety of all members of Rowan Gymnastics Club, here after referred to as 'the Club' and to assist with the smooth running of the Club, the following rules are to be followed in conjunction with the applicable rules surrounding conduct and etiquette laid down by British Gymnastics (BG). All members are required to abide by these rules and parents/carers/gymnasts are also reminded that the sport requires on occasions a hands-on approach when supporting, to train and ensure the safety of a gymnast.

Membership to the Club

A registration form is to be completed by all parents/carers, or gymnasts aged 18 or over, who are seeking membership. Membership is open to all persons wishing to participate in gymnastics, subject to the availability of places. For recreational gymnasts under 18, if there are no vacancies then names will be placed on a waiting list in order of the date they enquired. Then the Club Administrator will invite new gymnasts to join, in this order once spaces become available. If an existing member wishes to move classes, then priority will be given to them and they can move to the required class subject to availability (they may need to wait for a space to become available).

British Gymnastics Membership

After their initial taster sessions, the gymnast must be or become a member of British Gymnastics (BG). This is a fixed requirement of BG, any gymnast not registered will not be able to participate. A recreational gymnast will require Bronze membership (Bronze pre-school membership is available for gymnasts below school age) and a competitive gymnast will require Bronze or Silver depending upon which level they compete. Gymnast's BG membership is renewed annually and runs from the 1st of October to the following 30th of September. The parent/carer will need to process the gymnast's BG membership or where the gymnast is over 18, they can process their own. Being a member of BG provides a gymnast with their own comprehensive insurance cover, covering them for personal accident. Membership also gives them the opportunity to participate in the BG award schemes and members also receive exclusive discounts and offers via the BG online membership portal.

www.british-gymnastics.org/memberships

Code of Dress

The Code of Dress for gymnastics activities is designed to safeguard the participants and coaches. The following points should be adhered to during training and events:

- Gymnasts should wear appropriate clothing; it should not restrict the freedom of movement required for gymnastics but not be too loose as to constitute a hazard.
- Appropriate clothing for recreational gymnasts would consist of shorts/leggings and t-shirt or a leotard, please note no hoodies are allowed.
- Appropriate clothing for competitive gymnasts would consist of a leotard with or without shorts for girls and for boys a leotard and shorts or t-shirt and shorts.
- Any raised adornments, buckles or clasps on gymnastics clothing are dangerous and are prohibited.
- Long hair should be neatly tied back in a ponytail or bun so that it does not become a hazard. Clips, bands or any product which protrudes are inappropriate as they present a risk and could cause injury.
- Gymnasts should work in bare feet or gymnastics slippers should they prefer.
- Gymnasts wearing spectacles should minimise the risks involved by wearing flexible frames or using an elastic sports band or contact lenses to ensure safety.
- **No jewellery or adornment is allowed to be worn** (please refer to the BG Policy on Body Piercing and Adornments 2015).

Jewellery that cannot be removed

It is acknowledged that in some circumstances, it may be impossible to remove a ring and/or dermal piercings. Should this be the case; the ring must be sufficiently covered with protective tape; and the piercings covered sufficiently in order to eliminate any risk.

Newly Pierced Ears

Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible (normally after six-weeks). This does not cover the taping of earrings which can be removed.

- Fingernails and toenails should be kept short, as long fingernails or toenails present a risk to the gymnast and coach.
- Competition groups are required to purchase equipment as necessary in order for them to train and compete safely, e.g. Club training leotard, Club competing leotard, tracksuit and hand guards if applicable.

Sensitivity to religious beliefs will be afforded regarding the dress code but safety is paramount and any clothing that is considered by the coach to be a safety hazard, the gymnast will be asked to change or participation will be prohibited. Any concessions on dress will be within the bounds of reasonable safety. The element of risk will be explained to all parties involved and every attempt to control the risk should be adopted.

Code of Conduct

The following Code of Conduct is obligatory to all gymnasts or users of the facilities offered by the Club and includes visits to external venues where gymnasts are representing the Club.

- No activity, nor behaviour, of any person must not cause injury of any kind to any other person.
- Gymnasts should co-operate with the coaches/staff or members and behave in a courteous and civil manner and maintain high standards of sportsmanship.
- Gymnasts should show respect for coaches, officials and volunteers at all times.
- All the Club's property and equipment must be used and treated properly and used with due care and attention.
- Club discipline and behaviour is the responsibility of the coach in charge during training and competition, gymnasts should listen and follow the instructions of their coaches.
- Outside session times parents/carers are responsible for the behaviour, conduct and safety of their child.
- No outdoor shoes are allowed on any of the matted or sprung floor areas of the gymnasium.
- No person is allowed on the premises who is under the influence of alcohol or any illegal substances or any substance prohibited for use by athletes under the banned substances regulations.
- Eating and drinking are only permitted in the designated areas.
- No smoking is permitted within the Club's facilities.
- All users are required to always adopt a civil and non-aggressive attitude.
- Gymnasts should not enter the gymnasium at the start of a session unless a coach is present.
- Prior to the commencement of a session gymnasts should inform their coach of any existing injuries or illness. Should a gymnast injure themselves or feel unwell during a session, they should inform a coach immediately.
- Gymnasts should use the holders provided for water bottles during a session.
- Competitive gymnasts who use items such as chalk or handguards should use the lockers provided.
- With regards to competitions, gymnasts should be respectful of the judge's or official's decision every time.
- With regards to emergency medication such as epi pens or inhalers, these should be clearly marked with the gymnast's name and handed to the Lead coach before the commencement of a session.
- We do not recommend any valuables are kept in the changing rooms, nor can we take any responsibility for any valuables or lost or stolen items belonging to any gymnast/visitor. We recommend all items of clothing are clearly labelled with the gymnast's name.

It may be necessary to exclude a gymnast on the grounds that their behaviour presents an unacceptable risk to the health and safety of themselves and the rest of the group. This decision will not be taken lightly. Every effort will be made to enable participation through putting in place suitable strategies.

Gross Misconduct

All gymnasts over the age of 12 years will be deemed to understand the above Code of Conduct and able to act on own initiative. They will be able to understand the term gross misconduct. Occurrences of gross misconduct are very rare as the penalty of immediate expulsion from the Club is instant and hopefully a deterrent. It is not possible to provide an exhaustive list of examples of gross misconduct, however any behaviour that destroys the trust in a gymnast to act appropriately and not endanger lives will be called gross misconduct.

- Theft or fraud
- Physical violence or bullying
- Deliberate acts of unlawful discrimination or harassment
- Possession or being under the influence of drugs/alcohol at the Club
- Possession of a weapon at the Club

Complaints concerning any person's alleged failure to observe any part of the above Code of Conduct should be made in the first instance to the Head Coach or Club Welfare Officer.

Before leaving a child, it is the parent/carer responsibility to ensure that a session for that child is taking place. No child should be left unattended while not in a class. Parents/carers are responsible for escorting their child to and from the premises. Written consent is required from the parent/carer where a gymnast under 16 years of age is travelling to or from the Club alone.

Photography/Filming

On the Club membership registration form consent may or may not be given, to determine whether or not a parent/carer allow the gymnast or where over 18, the gymnast gives consent, to participate in photographs and videos. Consent can be withdrawn at any time in writing and a new registration form completed. As advised on the registration form the Club will be unable to remove images that have already been used in publications or other published material and withdrawal of consent will only affect further processing. Photographs/Filming is not permitted in the viewing gallery/toilet/or changing rooms. Photographs/Filming may be taken by staff in the gymnasium for educational purposes but will only be allowed when consent has been given and only those gymnasts are in view, e.g. a competition squad gymnast practising a move and they are filmed so that they can see how to improve. Members of staff and the Club community are required to report inappropriate use of digital cameras and images to the Club Directors. If it is found that any incidents raise child protection concerns, immediate action will be taken in consultation with the Welfare Officer, Club Directors and British Gymnastics.

Phones

At the coach's discretion and under their supervision, gymnasts may use their mobile phone to record themselves, the person taking the recording must ensure that only the gymnast is in view. Mobile phones should be kept in the holders provided or where applicable in the gymnast's locker. Photographs/Filming is not permitted in the viewing gallery/toilet/or changing rooms.

Competitive Gymnasts

No competitive gymnast may train at or represent any other gymnastic Club within the same discipline, without the permission and prior agreement of the Head Coach. No gymnast should compete under the influence of alcohol or any illegal substances or any substance prohibited for use by athletes under the banned substances regulations. Any gymnast over the age of twelve years can be randomly tested at competitions. Any member accused of a serious breach of these rules or convicted of a criminal offence, pertinent to the Club or Sport, will be subject to the disciplinary procedure set out within the applicable policy.

Off Site Visits

When visiting other venues gymnasts should be made aware of their responsibilities by the visit leader or other member of staff, for their own health and safety and for that of the group and:

- Follow the instructions of the visit leader and other members of staff.
- Dress and behave sensibly and responsibly.
- Look out for anything that might hurt or threaten anyone in the group and tell the visit leader about it.
- Not take unnecessary risks.

Recreational Fees where a gymnast is over 18

For a recreational gymnast over the age of 18, paying their own fees (parents/carers should refer to the fee section in the parent and carers Club rules), fees are to be paid half termly, as billed, in advance unless termination of membership is given by either side (see section on termination of membership), for adult sessions see below. The fee is due by the due date set each half term and all fees are non-refundable. Should a gymnast no longer wish to continue, the Club should be notified by the due date. It should be realised that payment is for a place in the class. The Club is sympathetic towards individual problems and therefore the Club's Management is willing to discuss individual methods of payment.

Competition Squad Fees where a gymnast is over 18

For a competitive gymnast over the age of 18, paying their own fees (parents/carers should refer to the fee section in the parent and carer Club rules), fees are payable every month unless termination of membership is given by either side (see section on termination of membership) and is liable for the full month once that month has commenced. Fees are to be paid monthly, as billed, in advance. The fee is due by the 1st of each month and all fees are non-refundable. The Club is sympathetic towards individual problems and therefore the Club's Management is willing to discuss individual methods of payment.

Late Fees

For recreational gymnasts, if no fee has been paid by the third week of the half term or for competitive gymnasts, if the months fee is not paid by the end of the month, then an administration fee can be charged. The Club's Management reserves the right to terminate the membership of any person due to the non – payment of fees.

Adult Sessions

Gymnasts attending the Club's adult sessions are subject to the same rules above. They should pay the fee for the session they are attending on arrival. Where the gymnast is 16 or 17 years of age, a consent form to attend the adult class should be completed by their parent/carer. All members over the age of 18 will be entitled to attend the Club's annual general meeting provided that they have attended the Club within the period 3 months prior to the date of the annual general meeting. At the meeting they will be entitled to vote on all matters and for the purpose of the meeting they will be deemed to have 1 share in the Club. Such deemed share will carry the same voting rights as an actual issued share of Rowan Gymnastics Club Ltd. All decisions shall be taken on a majority basis.

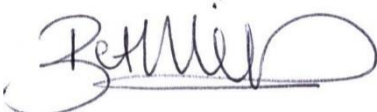

Termination of Club Membership

If a member wishes to leave the Club, they should inform the Club Administrator in writing or via email giving as much notice as possible (if under 18 years of age this should be done by their parent/carer, see parent and carers Club rules). For a recreational gymnast, this should be given by the fee due date of the proceeding half term or for competitive gymnasts, at least one whole month's notice. The Club has the right to charge for fees where notice was not given by the required date. Any outstanding fees owed to the Club must be paid prior to a gymnast leaving.

Dissolution of the Club

Should the Club be dissolved, the Club's Management will be responsible for the winding up of the Club's affairs and after settling all the Clubs' liabilities, the disposal of the remaining net assets shall be one or more of the following:

- To another Club with similar sports purposes which is a registered charity and/or
- To another Club with similar sports purposes which is a registered CASC and/or
- To the Club's governing body for use by them for related community sports.

Signed: Dated: 18/04/2023  Beth Mills – Head Coach/Director	Signed: Dated: 18/04/2023  Katrina Powell – Head of Finance/Director
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