



Cotswold Gymnastics Club

CLUB RULES

CLUB MEMBERSHIP & INSURANCE

1. All children must have British Gymnastics insurance and membership.

GYMNASTS

1. Please be punctual and leave time for changing before the class so as not to miss the warm up.
2. Do not leave valuables in the atrium.
3. All gymnasts should wear suitable clothing: Girls - leotards or club t-shirt with shorts/leggings Boys - club t-shirt with shorts/tracksuit bottoms. No Zips.
4. Long hair and fringes must be tied neatly at all times.
5. No jewellery/watches to be worn in the gym.
6. Do not work on any apparatus without a coach being present.
7. Misbehaviour, excessive and unnecessary noise will not be tolerated and offenders will be asked to sit out and be subject to our discipline policy.
8. Do not cross areas where other gymnasts are working.
9. No running in the gym.
10. As a matter of courtesy and safety, gymnasts should ask permission to leave the gym during a training session.
11. No drinks/food to be brought into the gym. Please leave in the Atrium.
12. Please treat your coaches and fellow gymnasts with respect.

PARENTS/VISITORS - Watching Day

1. On watching days and if you have small children with you, please ensure they sit quietly and do not run around near the apparatus.
2. Please remember we are not responsible for children outside their class hours.
3. Children should be left & collected from the Atrium, not the car park.
4. Please arrive 5 minutes before the class ends when picking up your child.

ACCIDENTS

1. ALL accidents, however small, must be reported to your coach.
2. Please inform your coach if you have any problem which may restrict your training.

PHOTOGRAPHY

From time to time it is possible that photographs will be taken, ie at Competitions or during training sessions. Please notify your coach if you do not wish your child to be photographed.