



## Gymnastics Club Rules and Regulations

### 1. General Conduct

- All members, coaches and visitors must treat others with respect, kindness and fairness.
- Bullying, discrimination or harassment of any kind will not be tolerated.
- Members must always follow coaches' and staff instructions.

### 2. Membership and Registration

- All gymnasts are required to be registered with the club. The Club Waiver and Assumption of Risk must be duly signed prior to participation in any classes.
- Fees are due in full by the deadline; late payments may lead to suspension from class.
- Members are required to promptly update their personal information in the event of any changes. The club must always be supplied with the most current emergency contact details and medical information.

### 3. Class Attendance and Punctuality

- Gymnasts are expected to arrive at least 5 minutes before class starts.
- Parents/guardians must notify the club of any absences in advance, if possible.
- Frequent and unexcused absences may have an impact on advancement opportunities or eligibility for team selection.

#### **4. Dress Code and Personal Belongings**

- Proper gymnastics attire (e.g. Competitive WAG athletes - full training leotard under short/ski pants and t-shirt Competitive MAG athletes - leotards/shirt with shorts or longs. Rest of gymnasts T-shirt (older girls over leotard) and shorts. Strictly no jewelry).
- Hair must be tied back securely.
- No food or drinks are allowed in the training area; these must be stored in designated areas.
- Strictly no gum in the gym.
- The club does not assume responsibility for items that are lost or stolen; it is recommended that valuables be left at home.

#### **5. Safety Rules**

- Gymnasts may only use equipment under the supervision of a coach.
- Warm-ups must be completed before engaging in any skills.
- All injuries should be reported to a coach or staff member as soon as possible, and an incident report form completed by the coach and submitted to the office.
- Gymnasts must not attempt skills they have not been taught or approved to perform.

#### **6. Parent and Spectator Conduct**

- Parents and guardians may observe from designated areas only.
- Coaching from the sidelines is strictly prohibited.
- Spectators must not interrupt classes or enter the training area unless invited.

#### **7. Competition and Team Regulations**

- Selection for competitive teams is at the discretion of the club and coaching staff.
- Gymnasts must attend all scheduled practices and competitions unless excused.
- Proper representation of the club (behavior, attire, punctuality) is expected at all events.

#### **8. Discipline and Dismissal**

- Minor infractions will be addressed with verbal warnings or temporary removal from class.

- Repeated or serious breaches may result in suspension or permanent dismissal from the club.
- The club reserves the right to terminate membership for behavior that endangers safety or reputation.
- The club maintains the authority to revoke membership in the event of any violation of the Child Safety and Protection Act.

## **9. Health and Medical**

- Parents or guardians must notify the club in writing of any medical conditions or injuries.
- A signed medical release and emergency consent form is required upon registration.
- Sick gymnasts should stay home to protect themselves and the health of others.

## **10. Club Communication**

- Announcements and general communication will be provided via email, Whats-app groups, the club website, or noticeboards.
- It is the responsibility of parents/guardians to stay informed about club events and updates.

