

# STOKE TRAMPOLINING & GYMNASTICS CLUB

## MEMBERSHIP RULES

In accordance with the BG code of practice Stoke Trampoline & Gymnastics Club (STGC) has its own membership guidelines which must be adhered to at all times.

It is the responsibility of all STGC management, members, and parents to ensure that all are treated with respect and fairness and adequately safeguarded against injury and abuse.

STGC policies are designed to protect all concerned from any activity that may have a detrimental impact on STGC finances, public image or its members and officers. Failure to comply with the provisions of these policies can result in disciplinary action, up to and including termination of membership.

### **INSURANCE**

STGC is registered with British Gymnastics (BG). All members of the club are individually named and registered with BG. All coaches of STGC are insured with BG and have enhanced disclosure criminal checks.

### **MEMBERSHIP RULES**

- All membership fees are to be paid on the 1<sup>st</sup> of every month into the club accounts or to the club treasurer.
- All members must be affiliated to BG and STGC.
- Membership runs from September to September at a cost of £xx. (£xx BG and £xx Club/Regional levy for competitive gymnasts)
- If your child is ill and going to be absent for no more than two sessions in a week then there is no need to notify the club. However, for sustained long absences please notify their coach by contacting the club via our website or their coach personally via phone or e-mail.
- If you need to re-arrange your class you must give as much notice as possible, however it may not be possible to change classes but every effort will be made to accommodate you.
- If you wish to cancel classes then ONE MONTHS notice must be given. This is to allow adequate time to re-organise class registers.
- All forms of bullying are regarded as unacceptable behaviour within the club. A relevant coach should be notified and the child welfare officer will be notified in order to aid an early resolution.

### **Competitive Members**

- If a gymnast is chosen to represent the club it will be necessary for them to purchase the club kit.
- As far as possible, allow entry to all the prioritised competitions.
- Try to give notice if possible if you are withdrawing from a competition.
- To assist and share responsibility of duties such as judging where possible.
- To ensure that the gymnasts arrive promptly for competitions and are available to spot for their teammates.

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## Code of Conduct/Ethics

All coaches agree to follow the following code of conduct.

### COACHES/VOLUNTEERS

- To treat each child equally and develop them to their full potential.
- To work through the BG/Club awards 1 – 15 and monitor each gymnast's development. Each gymnast will have their own portfolio, which will include details about their progression through the awards, testing results and competition results. (Relevant to their level).
- To ensure that each child's safety is paramount.
- To ensure that all gymnasts are adequately warmed up prior to participating in the trampoline session.
- To behave in an appropriate manner, for example, appropriate language and clothing.

### Competition Settings (COACHES/JUDGES/VOLUNTEERS)

- Represent the best interests of the club and be supportive to all our competitors.
- Ensure the clubs policies are maintained.
- Maintain parental responsibility for unaccompanied minors.

### GYMNASTS

- All gymnasts must notify a coach when they leave the hall to use the toilets, etc.
- You must complete a thorough warm-up prior to commencement to any activity based on the trampoline.
- **NO** fizzy pop is to be brought into the sports hall and all drinks must be away from the trampoline and placed by the side of your personal belongings, in your training bag
- All litter is to be placed in the bin before leaving your trampoline session.
- To be appropriately dressed for training sessions, leotards or short and tight tops for females; leotards and shorts for males.
- To treat all members of the club fairly and equally.

### PARENTS

- All parents/guardians are welcome to view open training sessions, however please **DO NOT** interfere with the training sessions by remaining away from the training area.
- At Trentham, training sessions for competitive gymnasts operate as closed sessions due to limitations on the space available in the training hall
- Ensure your child arrives on time to participate fully in the lesson that **includes** a 10-minute warm-up.
- Use appropriate language at all times.
- Support your child's involvement and help them to enjoy their sport.
- Ensure that your child is appropriately dressed for the session (see dress code).
- To provide your child, if necessary, with a drink and a snack. All drinks must be contained within a sports bottle or similar to avoid spillages. **NO FIZZY DRINKS** as they not only cause a sticky mess when spilt but also dehydrate individuals. Squash/water/fruit juices are ideal. The club also strongly recommends healthy nutritious snacks such as cereal bars, fruit, nuts, etc.

# STOKE TRAMPOLINING & GYMNASTICS CLUB

## DRESS CODE POLICY

Clothing and appearance are important both to the safety of the performer and to uphold the standards at the club. The STGC uniform is to the identity the club both out and about and at competitions. We therefore expect the trampolinists not only to be proud of their uniform and the identity that goes with it but to behave in a way that would uphold the reputation of the club and all of its members.

- Long hair must be secured with an appropriate band.
- All performers **MUST** wear socks every time they bounce, nylon socks are not recommended as they slip easily. Trampoline shoes can also be worn as they provide a good grip on the trampoline.
- Training attire is strictly leotards with/out shorts or tight top and shorts for females and leotard and shorts for males.
- Sensitivity to religious convictions regarding dress will be demonstrated but any concessions made will be within the bounds of reasonable safety, subject to relevant risk assessments. If concessions are made parents/guardian will be required to sign a statement confirming their agreement to and understanding of the relevant risks.
- Shoes should always be worn when packing up or assembling any equipment.
- **NO** jewellery is to be worn on the trampoline including any body piercing.

**All trampolinists should train in a leotard (with/without shorts) or training crop top and shorts as this is good preparation for competitions and allows the coach to analyse moves better.**

**Failure to comply with this policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.**

All of the clubs clothing can be ordered twice throughout the year. The club newsletter and website will provide details of ordering dates and prices.

It is necessary for **all competitive** performers and coaching staff to arrive at competitions appropriately dressed in the clubs clothing.

The club leotards are produced by leading leotard manufacturer Milano, all other clothing is produced by Trade Sports.

# STOKE TRAMPOLINING & GYMNASTICS CLUB

## ACCIDENT FORM

### *DETAILS*

Name \_\_\_\_\_ D.O.B: \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Email Address \_\_\_\_\_

Telephone Number \_\_\_\_\_ (Home) \_\_\_\_\_ (Mobile)

Parents name(s) for contact purposes \_\_\_\_\_

School Attended \_\_\_\_\_

### *VIGOROUS ACTIVITY*

As part of STGC, you will be participating and involved in a vigorous athletic activity, which will include Trampolining and Conditioning. Due to the nature of the activity, we wish to inform you that the possibility of injury does exist. In particular, the sport of Trampolining involves a repetitive contact with the trampoline bed, often whilst performing inverted skills, or in a variety of landing positions.

In an effort to make the sport of Trampolining as safe as it can be, the coaching staff will instruct all gymnasts concerning the necessary rules and the correct mechanics of all skills. It is vital that gymnasts follow the coach's skill instructions, training rules and team policies in order to decrease the possibility of serious injury.

Please notify the coaching staff of any illnesses, or disabilities, which they should know about. (E.g. Allergies, Asthma, Diabetes, Medication, a history of hearing problems which may affect balance etc.)

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### *PARENTAL CONSENT*

I authorise the coaching staff of STGC to seek treatment for any injury occurred by my child whilst trampolining. In the event that I cannot be reached, I hereby authorise the doctor and/ or hospital to perform any necessary emergency treatment to the injury.

Alternative Emergency Contact Number: \_\_\_\_\_

If you do not give permission, or authorisation for consent to medical treatment, what procedure should be followed? (Please state).

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I / we have read the above and understand the risk of vigorous Trampolining activity. Our child is in good health and physically capable of participating as part of STGC.

**Signed:** (Parent) \_\_\_\_\_ (Gymnast) \_\_\_\_\_

# STOKE TRAMPOLINING & GYMNASTICS CLUB

## EQUITY MONITORING

*While it is not compulsory that this section is completed, the following paragraph explains why it is important. In order to protect confidentiality, all completed monitoring forms are kept anonymous.*

Sport can and does play a major role in promoting the inclusion of all groups within society. However, inequalities have traditionally existed within sport, particularly in relation to gender, race and disability. Sport England is committed to promoting and developing sports equity, which is about fairness in sport, equality of access, recognising inequalities and taking steps to address them.

By monitoring the profile of young people in sports clubs, national governing bodies of sport and Sport England can identify any issues relating to under-representation of different groups and can together develop strategies to ensure that all young people have the opportunity in the future to develop and progress in sport.

### **GENDER**

- Male       Female

### **ETHNICITY**

In order to help the club monitor its membership can you please tick one of the following boxes to identify your ethnic group / origin. (Choose ONE from section A to E and then tick the appropriate box):

#### **A      White**

- British       Irish       Any other white background (Please specify)

#### **B      Mixed**

- White & Black Caribbean       White & Black African  
 White & Asian       Any other mixed background (Please specify)

#### **C      Asian or Asian British**

- Indian       Pakistani       Bangladeshi  
 Any other Asian background (Please specify)

#### **D      Black or Black British**

- Caribbean       African       Any other Black background (Please specify)

#### **E      Chinese or other ethnic group**

- Chinese       Any other background (Please specify)

### **DISABILITY**

The Disability Discrimination Act 1995 defines a disabled person as anyone with “a physical or mental impairment, which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities.”

Do you consider yourself to have a disability?    Yes / No

If yes, what is the nature of your disability?

- Visual impairment  
 Hearing impairment  
 Learning disability  
 Multiple disability  
 Other (please specify)
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# STOKE TRAMPOLINING & GYMNASTICS CLUB

## PHOTO / VIDEO CONSENT

The Club recognises its Child Protection obligations towards the gymnasts in its care. To that end it has implemented the “*British Gymnastics Photography and Videoing Policy*” as well as specific club guidelines.

Copies of the guidelines can be obtained from:

- British Gymnastics: [www.british-gymnastics.org](http://www.british-gymnastics.org)

### CLUB TRAINING SESSIONS

A photograph of each gymnast within the club will be displayed on the clubs website. We feel that this makes it easy for everyone to know everybody else within the club.

We may also use photographs in the newsletter which is available to members of the club and can also be obtained via the internet this would be to highlight achievements both within and outside the club.

The Club also has a digital video camera that is used in some training sessions. We feel that it is beneficial for gymnasts to see recordings of their moves, in order that they themselves can identify any faults being performed. In the past we have found that this increases independent learning. (We have also found that the gymnast can be repeatedly told that their legs are bent in the move, but they don't actually believe the coach until they see it for themselves!!!)

In order to comply with the guidelines though, the video camera can only be used if two appropriate adults are present.

I consent to the Club using photographic / video recordings as a training aid in accordance with British Gymnastics, STGC and any relevant child protection guidelines.

NAME OF CHILD: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_