

SOLENT GYMNASTICS CLUB – Club Rules

All members are required to adhere to the following rules at all times. Failure to comply may result in suspension or expulsion from the club.

1. Rules for Gymnasts

(Please read these with your child so they understand expectations.)

1. Arrive promptly and line up by the gym entrance before class.
 2. Remove shoes and socks before entering the gym and store them in the designated cubby holes in the waiting room.
 3. No food or chewing gum is permitted inside the gym.
 4. Bring a sealed sports-style water bottle; screw-on tops should be avoided.
 5. Wear appropriate sports clothing:
 - No jeans, crop tops, skirts/skorts, tights, or grip socks.
 - Extra clothing such as jumpers must be left in the cubby holes before entering the gym.
 - Gymnasts will not participate without suitable attire.
 6. Long hair must be tied back, with long ponytails plaited or looped into a bun.
 7. No large hair accessories or headbands are permitted.
 8. All watches, jewellery, and earrings (including studs) must be removed before class.
 - Newly pierced ears may be covered with tape for a maximum of 8 weeks; parents are responsible for providing tape.
 9. False nails or face paint are not allowed in the gym.
 10. Show respect to all gymnasts, coaches, and staff.
 11. Follow coaches' instructions and only perform skills appropriate to your individual level.
 12. Deliberate damage to equipment may result in immediate expulsion and financial responsibility for repair or replacement.
 13. Gymnasts must remain under supervision and cannot leave the building without an adult.
 14. Be respectful when entering and leaving the building.
 15. Gymnasts may only leave the gym unsupervised by an adult if prior written consent has been obtained and agreed with the Head Coach. This will only be considered for gymnasts aged 14 years or older.
-

2. Rules for Parents / Guardians

1. Ensure children use the toilet before class.

2. Follow NHS guidance regarding illness; if your child is unwell enough to miss school, they should not attend gymnastics.
 3. Do not enter the waiting room more than 5 minutes before class begins.
 4. Drop off and collect children from the waiting room; children will not be released from the gym without an adult present.
 5. Inform coaches in advance if someone else is collecting your child.
 6. Be respectful in the building and car park; use designated parking bays and avoid disturbing neighbours.
 7. Any medication required during a session must be given to the coach in a sealed, named bag with instructions.
 8. Only one adult per gymnast is allowed in the waiting room; use allocated seating.
 9. Keep the waiting area tidy and use bins provided.
 10. Do not wait in the foyer or corridors, or congregate near gym doors/windows.
 11. Parents may only enter the gym if invited by staff.
 12. To contact a coach during class, ring the doorbell at the gym entrance; the coach will respond at a safe point.
 13. No animals, smoking, or vaping on site (including car park).
 14. In emergencies, follow evacuation instructions immediately; coaches will evacuate children.
 15. Supervise siblings at all times; they must remain seated in the waiting room.
 16. No photography or video is permitted without head coach permission.
 17. Toilet pass system: gymnasts will use the toilet during class with a coach-issued pass.
 18. Children under 4 who require assistance must be accompanied in the waiting room; coaches cannot escort them to the toilet.
-

3. Membership & Registration

1. British Gymnastics and Solent Gymnastics Club membership are mandatory for all members and coaches.
 2. Gymnasts may not participate without valid membership following trial sessions or renewals.
 3. Entry may be refused if fees have not been paid.
 4. All members must complete registration via Coacha upon joining.
 5. Update the club on any changes to health, contact information, or address.
 6. All members must set up a standing order or direct debit for class fees.
-

4. Punctuality

1. Gymnasts arriving more than 10 minutes late will not be permitted to join class.
 2. Classes will not allow participation after warm-up completion to ensure safety and insurance compliance.
 3. If late, report to the waiting room and ring the doorbell; do not leave your child unsupervised.
-

5. Behaviour

1. Solent Gymnastics Club has **zero tolerance** for unacceptable verbal or physical behaviour towards coaches, staff, or other gymnasts.
 2. Unacceptable behaviour may result in immediate expulsion.
 3. The club follows British Gymnastics' policies; full details are on the club website.
-

6. Gymnast Injuries

1. Notify the club via email if injuries affect participation.
 2. Gymnasts cannot participate while wearing taping, strapping, or supports unless professional advice is provided and approved by the head coach.
 3. For absences longer than 8 consecutive weeks, a 50% class fee reduction may be applied at the head coach's discretion; a medical letter may be required.
 4. The club follows the British Gymnastics Pain, Injury, and Illness Policy.
-

Solent Gymnastics Club reserves the right to amend or update its policies without notice.