

## SOLENT GYMNASTICS CLUB – TERMS & CONDITIONS

All members are required to comply with the following Terms & Conditions at all times. Failure to adhere to these rules may result suspension or expulsion from the club.

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### 1. Rules for Gymnasts

(Parents/guardians must read these with their child to ensure full understanding.)

- 1.1 Gymnasts are encouraged to use the toilet before the start of their class.
  - 1.2 Upon arrival, gymnasts must prepare promptly and line up at the gym entrance door ready to start their class when invited into the gym.
  - 1.3 Shoes and socks must be removed before entering the gym hall and stored in the designated cubby holes in the waiting room.
  - 1.4 No food of any kind is permitted inside the gym, including chewing gum.
  - 1.5 Gymnasts must bring a drink in a sealed bottle. Screw-top & Stanley cups should be avoided where possible. No fizzy drinks.
  - 1.6 Appropriate sports clothing must be worn. The following items are strictly prohibited:
    - jeans/denim
    - crop tops
    - skirts/skorts
    - socks/tights (including grip socks)Extra clothing (e.g., jumpers) must be left in the cubby holes.  
**Gymnasts will not be permitted to participate without correct attire.**
  - 1.7 Long hair must be tied back securely and kept away from the face; long ponytails must be plaited or looped into a bun.
  - 1.8 Large hair accessories and headbands are not permitted.
  - 1.9 All jewellery, including stud earrings and watches, must be removed before class.
  - 1.10 Newly pierced ears may be taped for a maximum period of 8 weeks. Gymnasts must arrive with earrings already taped; this is the responsibility of parents/guardians, not the club and tape will not be provided by the club.
  - 1.11 False nails and face paint are not permitted.
  - 1.12 Gymnasts must treat all coaches, staff, and fellow gymnasts with courtesy and respect.
  - 1.13 Gymnasts must listen to their coach at all times and only attempt activities as instructed.
  - 1.14 Gymnasts must not intentionally damage or misuse any equipment.
  - 1.15 All members must behave respectfully when entering and leaving the building.
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### 2. Rules for Parents/Guardians

- 2.1 Parents must follow NHS guidance if their child is unwell. If a child is not well enough for school, they are not well enough to attend gymnastics.
- 2.2 Parents may not enter the waiting room more than **5 minutes** before the start of their child's class for drop-off.
- 2.3 Children must be dropped off and collected **inside the waiting room. Gymnasts will not be permitted to leave the gym until collected by a responsible adult.** If someone other than the usual parent/guardian is collecting the child, coaches must be informed at the start of the session. If you wish for your child to leave the gym without an adult present, this must be agreed in writing with the

head coach and will only be considered when the gymnast is a minimum age of 13 years old.

2.4 Please be respectful of all users of the building and car park. Only Park in bays marked for Solent Gymnastics Club. Please be respectful of our neighbours and do not block access to their units.

2.5 Any medication required during the session must be handed directly to a coach in a sealed, clearly labelled bag with written instructions at the beginning of the class.

2.6 Only one adult per gymnast may wait in the waiting room during the class.

2.7 Parents/guardians must keep the waiting room tidy and use the bins provided.

2.8 Waiting in the foyer or corridor is not permitted; these areas must remain clear for safe and efficient changeover between classes.

2.9 Please avoid congregating around the gym doors to enable smooth transitions between sessions.

2.10 Parents/guardians may not enter the main gym unless expressly invited by a member of staff. To contact a coach during a class, ring the gym entrance doorbell. A coach will respond at the earliest safe opportunity.

2.11 No animals are permitted inside the building under any circumstances.

2.12 Smoking and vaping are strictly prohibited anywhere on the gym site, including the car park.

2.13 In the event of a fire or emergency, all parents must exit the building immediately via the nearest fire exit. Coaches will evacuate gymnasts via the designated gym exit.

2.14 Siblings must be supervised at all times and remain seated in the waiting room.

2.15 **Photography and video recording are strictly prohibited** unless explicit permission is granted by the Head Coach for training or advertising purposes.

2.16 A toilet-pass system is in operation. Gymnasts will be issued a pass and must use the toilet which is only accessible from inside the gym. Please encourage your child to use the toilet before class.

- **Under 4s** who cannot use the toilet independently will be returned to their parent.

- Parents of under-4s who require assistance must remain in the waiting room throughout the class.

2.17 British Gymnastics membership and club membership are mandatory for all members.

Gymnasts may not participate without valid membership after their trial/renewal period.

2.18 Parents/guardians must notify the club and update their account with any changes to their child's health, emergency contact information, or home address.

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### 3. Punctuality Policy

3.1 Gymnasts arriving more than **10 minutes late** will not be permitted to join the class. This is for safety and compliance with British Gymnastics policies; participating without a full warm-up invalidates both club and personal insurance.

3.2 If you arrive late, you must enter the waiting room and ring the bell once you are ready to join the class. Do not leave your child until a coach confirms whether they may join the session.

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### 4. Behaviour Policy

4.1 Solent Gymnastics Club operates a **zero-tolerance policy** towards any form of unacceptable verbal or physical behaviour directed at staff, coaches, gymnasts or other members.

4.2 Any breach of this policy may result in immediate removal from the club.

4.3 A full list of policies is displayed on the notice boards within the club.

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## 5. Gymnast Injury Policy

5.1 Parents/guardians must inform the club by email if an injury affects their child's ability to participate.

5.2 If notification has not been given beforehand, the parent/guardian must notify the coach before the session so an informed decision can be made regarding participation.

5.3 If a gymnast is unable to attend for **more than 8 consecutive weeks**, a **50% class-fee reduction** may be granted at the discretion of the Head Coach. Medical documentation may be required.

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## 6. Class Booking and Payment Policy

6.1 All class fees must be paid via standing order.

6.2 Parents/guardians are wholly responsible for ensuring that **full payment reaches the club's bank account no later than the 1st day of each month**.

6.3 **Any payment not received in full by this deadline will incur a mandatory £15.00 late payment charge.**

6.4 Gymnasts will be prohibited from attending any classes until all outstanding fees, including any late payment charges, have been paid in full.

6.5 If your child intends to leave the club, written notice must be provided **via email** and must be **received by the club on or before the 15th day of the month**. When notice is received by this deadline, your child's membership will end on the **final day of that same month**.

If notice is submitted **after the 15th of the month**, the membership will continue into the following month, and the **full class fees for the following month will remain payable in full**.

6.6 Solent Gymnastics Club does not offer refunds, make-up sessions, or additional classes for missed sessions under any circumstances.

6.7 All payments are strictly non-transferable, including class fees, holiday sessions and camps.

6.8 In the event that the club is required to cancel a class due to unforeseen circumstances, it will endeavour to offer an alternative session where reasonably possible; however, refunds will not be issued.

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## 7. Amendments

Solent Gymnastics Club reserves the right to amend or update its policies at any time without prior notice.