



Training Rules:

1. Gymnasts should arrive 5 minutes before their session start time in order to prepare for a prompt start.
2. Gymnasts should wait at the edge of the hall until they are invited onto the mats to begin the warm up. Under no circumstances should they be running around or 'practising moves'.
3. Gymnasts shall wear appropriate and approved gymnastic attire whilst in the gymnastics hall. (Club leotard/unitard/t-shirt and hoodies are available to buy).
4. No jewellery must be worn in the gymnastics hall. The Club will not be held responsible for the loss or damage to valuables.
5. Long hair must be tied back.
6. Once in the gymnastics hall, all gymnasts should concentrate on the coaching instruction, and focus on the session activities.
7. Gymnasts are not permitted on any apparatus without supervision from a coach, or the express permission of a coach.
8. Gymnasts must only work on the instructions given by their coach.
9. ALL accidents must be reported to a coach and recorded in the Incident Log or Accident Book.
10. Gymnasts must notify a coach of any injury or medication being taken BEFORE the commencement of the session.
11. Gymnasts must always observe good, safe working practices.
12. Gymnasts must be aware of other gymnasts always and should not distract them.
13. Gymnasts must not leave the training area or gymnastics hall under any circumstances without prior approval of the coach.
14. In matters of teaching, the coaches' word is final.
15. Coaches' may suspend or remove a gymnast who displays inappropriate behaviour; or displays any action that may bring The Club into disrepute.