



CLUB RULES

- No outdoor shoes, food or drink in the gym.
- Gymnasts must wear leisure attire, no jeans/skorts/skirts/dresses. They do need to wear socks
- Parents are not allowed in the gym. There is a waiting area with CCTV screens for you to view.
- Please do not approach any coaches whilst they are coaching in the gym. Please make an appointment to see the head coach/head of discipline, if you have any queries.
- No jewellery is to be worn at anytime during the class.
- We do not accept responsibilities for the loss or damage of any items.
- Please ensure that you bring your child to the class **on time** and pick them up from their class **on time**. Please do not pick up and drop off in the car park! If you drop your child off before their class you must stay with them until they are called into the class.
- If your child is more than 10 minutes late, we can refuse their inclusion of the class that day due to missing the warm-up and therefore increasing the risk of injury. This will be at the discretion of the Director of Coaches.
- If you are going to be late for picking up your child, you must inform the gym club. If you ring the reception and get the answer phone, then please ring the emergency phone.
- Adult changing rooms must only be used by 16 years or older.
- Children's changing room is for the under 16 year olds. Males must not enter female changing areas and females must not enter male changing areas under any circumstances (except children up to 8 years are allowed into adult changing areas with their parents if they need assistance getting changed).
- Siblings waiting with parents in the waiting areas must not run around and block pathways. If they are to eat, drink or play with any toys, please ensure they tidy up after themselves.
- The doors leading directly into the gym MUST be kept clear for health and safety reasons, this is drop off and pick up point ONLY. As soon as you have seen your child into their class please move out of that area.
- The club has an emergency number which must only be used in an emergency: **07951 196300**.

I have read/understood and agree with the above club rules

Signed: _____

Parent/Guardian (if under 16)

Date: _____