

Club Rules and Code of Conduct

1. Gymnasts must ensure they keep all their belongings in a bag and on the chairs & benches at the side of the hall.
2. Only gymnasts participating in sessions are allowed in the gym. Please do not enter the gym any earlier than 5 minutes before the start of your session.
3. Parents / Guardians may only enter the gym and stay for the duration of the session if the gymnast is participating in a special needs or Pre-school classes.
4. Parent / Guardian accompanied sessions – Please ensure that any siblings not participating in lessons are either sat on one of the benches, or viewing from the balcony with another responsible adult.
5. Please ensure valuables are left at home. The club will not be held responsible for jewellery or valuables.
6. New piercings – studs can be taped for the first 6 weeks. Thereafter they will need to be removed.
7. All gymnasts must wear suitable clothing as described in the code of conduct for participants.
8. Hair long enough to cover the face must be tied back.
9. The gymnast must bring a drink to training. (Sports bottles only). Snack may be consumed in designated areas of the gym (Signposted) and rubbish disposed of correctly.
10. The gymnast / parent should always inform the coach of any medical condition or medication, which might affect performances.
11. The gymnast / parent should always inform the coach of any accident in the last six months which resulted in unconsciousness from a blow to the head.
12. The coach should grant permission before the gymnast leaves the gym.
13. The gymnast should never attempt to move or adjust the equipment without supervision or a qualified coach.
14. The gymnast should never go onto the equipment without coach authorisation.
15. Gymnasts should never run in the gym.
16. The gymnast should never use the equipment if a coach is not present.
17. The gymnast should never attempt difficult skills without progressive training and specific permission of the coach.
18. Trampoline gymnasts - There must always be a spotter present. When spotting, attention must always be paid to the person on the trampoline.
19. Gymnasts must never run underneath a Trampoline.
20. The gymnast must pay attention to the instructions of any coach.
21. No shouting or talking across the gym to anybody, especially coaches, as it distracts and may cause accidents.
22. Every member of HBS Revolutions, coaches and performers alike are representing the club at all times, both in training and competitions. They are therefore expected to behave appropriately.
23. Any inappropriate behaviour will be reported fully to parents/guardians.