

Gymnast Agreement Form

Gymnast's Agreement Form

This form must be read and accepted by the gymnast. If the gymnast is under 18, it must be accepted by one of their parents/guardians. The parent/guardian must carefully explain to the gymnast, the contents of the form. The form must be agreed to and accepted as a condition of membership to HBS Revolutions Club.

Training

- Gymnasts should arrive 5 minutes before the session starts. They understand that they must train in the correct attire depending on their level.
- Recreational Gymnasts – Sports clothing & non - slip socks. No hoodies, jeans or belts. Clothing with toggles, zips or buttons are not permitted.
- Development & Competitive Gymnasts – Leotards and shorts / Leggings for girls and leotard and shorts / longs for boys.

New Piercings – studs can be taped for 6 weeks. Thereafter they need to be removed.

No jewellery is allowed to be worn on during training; any new piercings must be studs and taped over before the session starts.

- Hair long enough to cover the eyes of the gymnast must be tied back.
- Gymnasts must inform coaches of any injuries or illnesses since their last session that may affect their training. The coach will decide if it is appropriate for the gymnast to train.
- Gymnasts must stay in the gym throughout their session and must inform their coach if they are leaving the gym. Gymnasts may only leave the gym during a session to use the toilet. Gymnasts are not permitted on the balcony during sessions.
- Conditioning sessions will run on the following days and times; Monday 8pm, Tuesday 6pm & 8pm, Wednesday 8pm, Friday 6pm & 8pm, Saturday Midday & 2:30pm. Conditioning will be optional for gymnasts to attend in the 7 days leading up to competitions in which they are entered.
- Gymnasts are expected to treat each other and staff with respect at all times. Competitive gymnasts in the club will maintain high standards for warm up, training, conditioning and competitions.
- If any concerns are raised regarding behaviour, conduct or training, gymnasts and parents will be invited to a meeting to discuss any issues raised. Gymnasts will be given guidance on how to improve and timescales will be put in place to for this to be achieved. If the concerns continue gymnasts may be asked to leave HBS Revolutions.
- Our programme is reviewed every 3 months (This includes Competitive, Development and recreational sessions.) Please note changes to session times and days may alter to suit the needs of gymnasts and their development. This may affect training days, times and coaches.
- All gymnasts will follow the club structure which is displayed in reception.
- Gymnasts are required to keep all of their belongings with them in the hall ideally in a bag and placed on the bench at the side of the hall; this is to reduce the amount of trip hazards in the training area.

- Gymnasts are encouraged to talk to their coach or club manager if there is an issue within their training session so it can be resolved immediately.
- Pre-school & pre-novice gymnastics classes - parents must remain in the building throughout your child's session (Gymnasts under 5). For Pre-school Trampoline Sessions, parents must remain by the trampoline throughout the session.
- For our Special Needs classes, Parents / Guardians must remain by the trampoline during the session.

Competitions

- Any Gymnast may enter our internal Club Competitions. Please note School's Competition entries are organised by the school and not HBS Revolutions.
- Gymnasts will only be entered into British Gymnastics NDP competitions if they can achieve a minimum of 7.5 form score consistently during training 7.5 is the minimum score required to qualify to the next round. Be able to complete the range and conditioning to the score of 70% which is the minimum to qualify to the next round. This has to be limited due to the number of club Judges & officials required for every 4 gymnasts entered into each round.
- The club reserves the right to not allow gymnasts to compete if they are displaying poor behaviour during sessions, club events or competitions.
- Gymnasts must wear white socks and club kit to all external competitions.
- When representing the club at any competition, gymnasts must ensure they support each other and look after each other on the competition floor.
- Gymnasts must show good sportsmanship and congratulate performers appropriately on the competition floor (and when receiving medals on the podium.)

Safety

- Gymnasts must behave responsibly in the gym, ensuring their safety, and those of others in the gym are a priority at all times. Gymnasts will not do anything that will or could harm other gymnasts. They will report to a coach any problems with equipment which could cause safety issues.
- Gymnasts must not get on the trampoline without the coaches' permission and a spotter (someone of suitable size).
- Gymnasts must not somersault onto end decks or sit / stand on end decks in-between goes.
- If gymnasts spill a drink in the gym or the changing room they must immediately clear it up or report it to a member of staff.

Food

- Snacks are permitted in the gym in designated areas and all rubbish must be disposed of in the bins provided.

Attending sessions

- Gymnasts must understand that if they don't regularly attend training sessions they may be withdrawn from training. The club should be informed of absence by calling 01462 459270 or emailing hbsrevolutions@hitчинboys.co.uk.

Picking up/ Drop off

- Gymnasts must remain in the gym or reception area until they are picked up. Gymnasts must not leave the gym without the knowledge or permission of a coach.
- Parents/ Guardians are asked to come in to the building with their child and collect them from every session. This is to make sure gymnasts are collected and allow the club to pass on any information.
- Parents/Carers are not allowed to enter the gym during training unless invited to do so by a senior coach or manager. (For Parent & Toddler classes and special needs classes only, a parent or guardian must be present in the gym for safety reasons).

Dress code

- Gymnasts may not be allowed to participate in the session if they are dressed incorrectly. Refunds for class fees will not be given in this situation.

Mobile phone use

- Mobile phones/tablets are not to be used in the gym. In an emergency a gymnast must seek permission from a coach to use their phone.

HBS Revolutions will:

- Supply a coach of the correct level for the gymnast.
- Give gymnasts the opportunity to compete.
- Volunteer our time to attend competitions with gymnasts as coaches and judges.
- Offer the opportunity for gymnasts and parents to become judges (gymnasts must be 14 before they can attend a judging course).
- Volunteer our time at club events such as the club competition and other organised club events.
- Supply suitable equipment for the level of Gymnast and make sure it is continually maintained.
- Maintain a healthy and safe environment in which the gymnasts can excel.

Careers within HBS Revolutions

- Offer the opportunity for gymnasts to become volunteer helpers from the age of 11 and allow them to complete the British Gymnastics introductory courses.
- Offer the opportunity for gymnasts to complete their Core Proficiency Award training from the age of 14 and become an Assistant coach. This is a great starting point for aspiring coaches and is a recognised qualification from British Gymnastics.
- Offer the opportunity for gymnasts to become coaches at the age of 16 and take a Level 1 coaching course.