



HBS Revolutions

Trampoline, DMT & Gymnastics Club

Code Of Conduct

Training

1. Gymnasts should arrive promptly for the start of their session.
2. Clothing with belts, toggles, zips or buttons are not permitted. Hoodies & jeans are not suitable for training and pose a safety risk.
3. Gymnasts must train in the correct attire (suitable sports clothing), gymnasts will not be allowed to train if they are in clothing that is unsuitable. In this situation, a refund or credit will not be given for any session time missed. New Piercings – studs can be taped for 6 weeks, thereafter they need to be removed. No jewellery is allowed to be worn during training.
4. Hair long enough to cover the eyes of the gymnast must be tied back.
5. If your child requires any of the following items, you will be charged accordingly; Hairband 50p, Socks £1, Bottle of water £1.
6. It is the responsibility of gymnasts to inform us before or during a class if they are injured, experiencing any pain/discomfort, or feel unwell. The coach will decide if it is appropriate for the gymnast to train/continue training.
7. Conditioning sessions will run at the end of each class for Trampoline and DMT. For all gymnasts that compete, there is a requirement to participate in these 30 minute sessions.
8. Gymnasts are expected to treat each other and staff with respect at all times.
9. 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 for this to be achieved. If the concerns continue, gymnasts may be asked to leave HBS Revolutions.
10. 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.
11. 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.
12. Pre-school & pre-novice gymnastics classes - parents must remain in the building throughout your child's session (Gymnasts under 5).
13. For our Special Needs classes, Parents/guardians must remain by the trampoline during the session.

Pick up and drop off

14. Gymnasts must enter through the designated entrance within the first 5 minutes of their allocated start time. (Gymnasts more than 10 minutes late for general gymnastics classes may not be able to participate as they will have missed their

crucial warm up and body preparation for their session. In this situation, a refund or credit will not be given for any sessions missed).

15. Parents/guardians must collect gymnasts promptly at the end of their session. Please notify us on 01462 459270 if running late, however late collections may result in an additional charge.
16. It is the responsibility of the parent/carer to ensure safe entry and exit of their children from the gym sports hall.
17. Gymnasts who are school year 7 or over must have written permission to leave unaccompanied at the end of their session. All other gymnasts who are school year 6 or under must be collected by a parent, guardian or responsible person.
18. Parents/Carers are not allowed to enter the gym during training unless invited to do so by a senior coach or manager. (Only exceptions are Parent & Toddler classes and special needs classes, where a parent or guardian must be present in the gym for safety reasons).

Communication

19. Establish good communications with the club.
20. All communication must go through the club telephone number 01462 459270 or email address hbsrevolutions@hitchinboys.co.uk
21. Any concerns or complaints must go through the appropriate channels, the correct procedure can be found on our website www.hbssportscentre.co.uk/hbs-revolutions
22. Please email hbsrevolutions@hitchinboys.co.uk to book a meeting should you wish to talk to your child's coach.
23. Inform us via email if your child is ill or unable to attend any session.
24. Confrontation or intimidation of staff will not be permitted.

Viewing

25. Parents/guardians may only enter the gym during training when invited to do so by a senior coach or manager (only exceptions are parent & toddler and special needs classes).
26. Parents/guardians are permitted to stay and watch the sessions from the balcony on designated viewing weeks. Please see our website for dates.
27. Do not distract any child whilst they are training.

Safety & Welfare

28. Gymnasts must behave responsibly in the gym, ensuring everyone's safety is a priority at all times. Gymnasts will not do anything that could harm themselves or other gymnasts, this includes using the equipment without the coaches' permission.
29. Any spillages in the gym must be reported to a staff member.
30. Filming or taking photos from the viewing balcony is strictly forbidden. Anyone caught doing so will be asked to delete the images and may be asked to leave.
31. Filming or taking photos is permitted in the gym only if directed by a coach, however MUST NOT be uploaded to social media or shared with anyone other than HBS Revolutions, unless prior permission has been granted.
32. Support your child's involvement and help them enjoy their sport and help them to recognise good performance, not just results. Familiarise your child with the club rules and encourage them to train within them.
33. Never force your child to take part in sport and never punish or belittle a child for poor performance or making mistakes.

34. We do not tolerate discrimination, bullying, or any form of physical violence in our club. If you or your child/children engage in any such actions, action will be taken and we reserve the right to revoke your child's place. (More information can be found in our Bullying Policy & Equality Policy).

Food & Drink

35. Gymnasts are required to bring a small sealable drink with them to classes. Please put your child's name on the bottle.
36. Suitable nut free snacks are permitted in the gym.
37. All rubbish must be disposed of in the bins provided.
38. Unhealthy snacking will be monitored and discussed with parents/guardians if needed.

Personal Belongings

39. HBS Revolutions are not responsible for any items of value brought onto the premises.
40. If the use of mobile phones interferes with their own training or others' or breaches any of our club policies the device will be confiscated and the parent/guardian contacted appropriately.

Competitions and Events

41. Any gymnast may enter our internal Club Competitions. Please note School's Competition entries are organised by the gymnasts' school and not HBS Revolutions.
42. The club reserves the right to not allow gymnasts to compete if they are displaying poor behaviour during sessions, club events or competitions.
43. Gymnasts must wear club attire to all competitions.
44. When representing the club, gymnasts must ensure they help and support each other.
45. Gymnasts must behave appropriately on the competition floor (and when receiving medals on the podium).
46. Regular attendance is expected for all gymnasts wishing to compete.
47. We would encourage you to let us know of any absence by emailing hbsrevolutions@hitchinboys.co.uk
48. Set a good example by recognising good sportsmanship and applauding performances of all.
49. Challenging or arguing with coaches and officials is strictly forbidden.
50. Publicly accept coaches/officials judgements.
51. Use appropriate language at all times.

HBS Revolutions will...

52. Supply a coach of the correct level for the gymnast.
53. Attend competitions with gymnasts as coaches and judges.
54. Offer the opportunity for gymnasts and parents to become judges.
55. Host events such as the club competitions, fundraising events etc.
56. Supply suitable equipment for the level of gymnast and ensure it is continually maintained.
57. Maintain a happy, healthy and safe environment in which the gymnasts can excel.

Careers within HBS Revolutions

- 58. Young leaders from the age of 11, introduction to judging with British Gymnastics.
- 59. Assistant coach from the age of 13, gymnastics and trampoline helper courses with British Gymnastics.
- 60. Coach from the age of 16, through club mentoring and British Gymnastics.

Reviewed and updated 22/02/22

Hitchin Boys' School Sports Centre
Grammar School Walk, Hitchin, Hertfordshire, SG5 1JB

Tel: 01462 459270 Email: hbsrevolutions@hitchinboys.co.uk

Website: www.hbssportscentre.co.uk/hbs-revolutions

Facebook: @hbsrevs Insta: hbsrevolutions Twitter: @HBS_Trampoline