



## **HBS Revolutions**

Trampoline, DMT & Gymnastics Club

### **Gymnast Agreement Form**

1. I understand I must not leave the gym at any time, I must let the coach know if I need to use the toilet.
2. I will inform my coach before or during a class if I am injured, experiencing any pain/discomfort, or feel unwell. I understand my coach may not allow me to train if they feel it is not safe to do so.
3. I must let my coach know if something in my session makes myself or others unhappy.
4. I will keep all my belongings at the side of the hall.
5. I must listen to the coach at all times. I know that I must not use the equipment without the coaches permission.
6. I will treat others with consideration and respect at all times.
7. If I am representing the club in Trampoline / DMT competitions, I must attend the 30 minutes conditioning at the end of all my sessions
8. Filming or taking photos is permitted in the gym only if directed by your coach, however MUST NOT be uploaded to social media or shared with anyone other than the HBS Revolutions.
9. All rubbish must be disposed of in the bins provided.
10. If the use of mobile phones interferes with my own training or others' or breaches any of our club policies I know the device will be confiscated and my parent/guardian contacted appropriately.
11. When representing my club, I must ensure I help and support other competing gymnasts and set a good example by recognising good sportsmanship by applauding performances of all.
12. I must use appropriate language at all times.

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