

## Code of Conduct for Participants

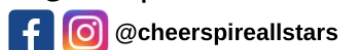
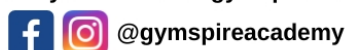
As a member of Gymspire Academy/Cheerspire Allstars you are expected to abide by our gym rules:


1. Please arrive wearing suitable attire. This includes clothes such as tracksuit, t-shirt, leggings, shorts or leotards. Jeans/skirts/tights/dresses will not be permitted in the gym hall. Baggy clothing can be dangerous as this can either catch on the apparatus or restrict the coach from supporting correctly. Gymnasts will complete the lesson in bare feet and cheerleaders will wear white indoor trainers or cheer shoes.
2. Maintain high standards of sportsmanship by demonstrating respect to the coaches and gymnasts at all times.
3. Tie all long hair back and away from the face.
4. No jewellery is allowed to be worn in the gym. Earrings that cannot be removed must be taped prior to the lesson.
5. Never leave valuables in the Gym or outside in the waiting area. We do not accept responsibility for lost/stolen items at our facility.
6. Never leave the building unaccompanied unless written consent by a parent or guardian has been provided in advance.
7. Treat the equipment with high level of respect and use correctly when told to do so by a coach.
8. All participants must go to the toilet before their session starts. Should the participant require the toilet throughout the lesson the gymnast must ask the coach to do so first. All gymnasts under the age of 7 will be asked to go to the toilet in pairs.
9. Participants are to remain with the coaches at the end of their session until collected by their parent/guardian.
10. Any participant with an inhaler or medical bag must hand this to their coach at the beginning of the gymnastics lesson. This will then be returned following the session.

## Code of Conduct for Parents/Guardians

1. Encourage your child to learn the gym rules, highlighting the importance of listening and following the instructions of the coaches.
2. Always drop off and collect child promptly from their gymnastics session. If for whatever reason you are running late to collect, please contact us on 01843 482219. Children who are aged under 14 are prohibited from leaving the building unaccompanied unless written consent has been provided in advance.
3. Please inform a member of staff if a relative/friend is collecting your child.
4. It is your responsibility to update any changes in contact details and medical records through our online booking system. Should you update any medical records please inform your child's coach and inform the head coach of any medical/injuries that may affect your child's performance within their session.
5. Do not take any photographs of the coaches or participants whilst in the gym hall.
6. Please ensure your child is wearing suitable attire for the session and appropriate to the sport they will be doing. Cheerleaders and squad gymnasts have a set uniform for training.
7. Endeavour to establish good communication with coaches and staff.
8. Please pay all fees on time as requested to secure your child's space.
9. Parents/family members are not permitted in the gym to view the session except for gymnasts attending their taster session. Throughout the year we will provide opportunities for you to see your child participate in the class.
10. The club encourages a respectful and trusting relationship between the coaches and parents.

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