

## DUNGARVAN GYMNASTICS CLUB - CLUB RULES

### Before Class:

- Have your meal/snack at least one hour prior to class.
- Tie up your hair so that it's back from your face/neck. Long hair is best plaited.
- Wear suitable clothing - a leotard or swimsuit, stretch t-shirt, shorts/leggings and gym shoes or barefoot. (If you go barefoot your feet will be checked for infection at the beginning of class). No baggy clothing or hooded tops whilst training.
- Remove all jewellery - the Club takes no responsibility for jewellery (or any valuables) brought to class.
- Bring a bottle of water to class (no fizzy drinks)
- Go to the loo BEFORE arriving to class.
- Arrive on time.

### During Class:

- As gymnastics is a dangerous sport, all gymnasts must be attentive to the coaching staff. No misbehaviour will be tolerated during class.
- If a gymnast is misbehaving during class a first warning will be issued by a Coach. If a second warning is issued the gymnast's parent will be notified. If a third warning is issued the gymnast's parent will be asked to come into the Club to discuss the situation with a Coach.
- All gymnasts are to treat each other with respect. The Club operates a zero tolerance approach to bullying and details of our policy are available on our website under Code of Ethics and Good Practice - [www.dungarvangymnastics.com](http://www.dungarvangymnastics.com)
- The use of cameras and camera phones by Club Members or Parents/Guardians is not permitted during classes.
- No gymnast is allowed to leave the hall without permission from a coach.

### End of Class:

- Check that you have put all your clothes/empty bottles into your gym bag.
- You are NOT allowed to leave the hall unless a parent/adult has come to the inside door of the hall to collect you. For gymnasts over 12 years we will allow you to leave unaccompanied provided that we have written permission from your parent to do so.

### Parents:

- Please note that class fees are payable at the 1<sup>st</sup> class in each month whether classes are taken or not. If a child misses a class due to illness then they can make up the time in an alternative class providing there is space available. Late payment of fees chased by the club will incur a €5 additional charge. If there is any difficulty in meeting the Club Fees please speak to one of the Club Coaches and we will do our best to make a mutually suitable payment arrangement.
- Please be punctual at drop off and collection times.

I have read the Club Rules and I agree to adhere to them.

Signed By,

\_\_\_\_\_  
Club Member Name (Print)

\_\_\_\_\_  
Club Member (Sign)

\_\_\_\_\_  
Parent/Guardian

PARENTS/GUARDIANS TO READ RULES WITH CHILD TO ENSURE THEY FULLY UNDERSTAND AND AGREE BEFORE SIGNING