



NORTH WEST GYMNASTICS CLUB HANDBOOK

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North West Gymnastics Mount Isa

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1 Welcome

Welcome to the fantastic sport of Gymnastics!

We love our sport however what we love more is the teaching of safe technique in a fun and safe environment. With amazing trained and accredited coaches and the required equipment and resources to ensure that skills are taught progressively in a safe way with a focus on technique and the appropriate physical preparation.

1.1 About Us

North West Gymnastics is a family owned Club strongly supported by our members and families. Kylie and Richard have a passion for the sport with their 3 kids all active in Gymnastics.

Kylie works as both the Club manager and Senior Coach focussed across all our programs with a particular passion for building educational aspects into our Under 5's programs. Kylie holds accreditations in Kindergym, Launchpad, GfA, Acro Gymnastics, WAG, MAG and Advanced Tumbling.

Richard works as head coach holding Advanced Silver and International Federation accreditations in Women's gymnastics. Richard also holds accreditations in Men's Gymnastics, Acro Gymnastics, Gymnastics for All amongst others. Richard manages personal development plans of the gymnasts, technical aspects of the programs and our club and gymnast competition objectives.

1.2 Our Values

Our Values are core to what we do, and we encourage all who are involved with our club to live and support our values including management, coaches, gymnasts, parents, families and supporters.

Gymnastics as a sport offers amazing benefits beyond the physical aspects and our values support the personal growth and development aspects of our sport.

We don't just teach gymnastics and fundamental movement, we teach life skills!

1.2.1 Enjoyment

Enjoyment is the driver for why we do what we do. For kids in our programs it may be enjoyment from the social aspects, the physical exercise, the self-challenge and achievement from progress.

Loving what we do makes the good times better and the tough times worth it.

1.2.2 Life Skills

We believe that Gymnastics is the best sport for learning those fundamental life skills that help kids be successful through life.

From an early age this may be as simple as independence and participation, learning to listen and follow instructions.

As kids mature, concentration, commitment, effort and goal setting techniques are developed. There are many studies on the higher than average success rates of gymnasts in school and in their future careers.

1.2.3 Growth Mindset

Having a growth mindset encourages learning and effort. We believe in growing and teaching a growth mindset. The hallmark of a growth mindset is the passion for sticking with it,

especially when things are not going well. Stretch yourself, take on challenges – who cares if you fail! It is all learning!

At the end of the day, the real gold medal is the difference we make step by step to grow to be the best we can be.

1.2.4 Commitment

We believe that commitment is the Number 1 factor for success in gymnastics and life. This is reflected through perseverance, commitment to our goals, our teammates, training and self.

Our coaches are committed to our members and the delivery of the highest quality programs.

1.2.5 Honesty

Being honest with ourselves and others about our goals, effort and feelings. Keeping our parents and coaches informed about our goals, challenges and experiences is important for support, progress and learning.

We want to create an environment with open constructive conversations between our Gymnasts, families and coaches.

1.3 Our Objectives

At North West Gymnastics we pride ourselves on;

- Creating a positive, healthy physical recreation opportunities for members both competitive and non-competitive,
- Setting realistic expectations for successful performance and achievement, believing success can be presented in many ways,
- Showing professionalism in all aspects of the delivery of our sport to our members,
- Ensuring the highest level of opportunity for our athletes to reach their full potential.

1.4 The Benefits of Gymnastics

Gymnastics offers many physical, emotional, and intellectual benefits for growing children and adults and our club caters for most levels of age, ability, and aspiration from toddlers to adults, from beginner to competitive gymnasts.

- We believe that gymnastics is one of the best means of physical education that a person can receive.
- We believe that gymnastics is the foundation to all human movement and to other sports
- We believe that all people should expect a quality gymnastics experience that is inclusive, challenging and motivating.
- We believe that the commitment shown, and the lessons learnt through setting goals and working to achieve them delivers life-long benefits.

2 Membership / Affiliation

North West Gymnastics is affiliated with Gymnastics Queensland and Gymnastics Australia. Our Coaches are trained and accredited instructors (or for our Junior Coaches in the process of becoming so). All members are required to be registered with Gymnastics Australia through payment of an annual registration fee. Our Annual Student Membership may change from year to year and are outlined in the current tuition fee schedule for the year.

Affiliation / Registration Membership benefits include:

Club Benefits:

- Use of National Levels program
- Use of resources for all National Gym Sport Programs
- Recognition as a LaunchPad Kindergym, Gym Fun and Gym Skills provider
- Coach and Judge training workshops and accreditation courses
- Use of Gymnastics Australia Club database program
- Receipt of State and National Bulletins and newsletters

Member Benefits:

- Access to National Insurance scheme
- Receipt of National Membership Benefits package (e.g magazine, membership card and year badge)
- Participation in Invitational, Regional, State, and National events

3 Our Programs

Students of any age and gender can experience a seamless pathway of gymnastics development across our programs both recreational and competitive.

North West Gymnastics offers programs to suit all ages and abilities.

Our under 5's programs are Fun and Educational. Mount Isa Teachers have praised us for the positive influences our classes have on the Kids in School and in settling into School.

Our recreational (Gymnastics For All) programs are designed for those kids that just want to have some fun, learn and improve their skills in a safe environment.

We pride ourselves on offering the Highest Quality Competitive program in the region with our Gymnasts performing strongly in Regional and Coastal Competitions.

Our Club is affiliated, and our Coaches are trained and accredited with Gymnastics Australia in a wide range of Gymsports including Kindergym, Gymnastics for All, Women's Artistic, Men's Artistic, Acro Gymnastics, Rhythmic, Trampoline and Tumbling to an Advanced+ level.

We also offer personal and customised training, targeted development and goal setting for athletes, dance students and more. We specialise in Women's Artistic Gymnastics, Men's Artistic Gymnastics and Acro Gymnastics.

North West Gymnastics Class Pathways



----- Gymnastics Levels -----


Men	Women
MAG Beginners (New to Level 1)	WAG Beginners (New to Level 1)
MAG Foundations (Level 1 - New Level 2's)	WAG Foundations (Level 1 - New Level 2's)
MAG Levels 2-4 (Competitive)	WAG Intermediate (Level 2 - New Level 3's)
	WAG Level 3
	WAG Level 4
	WAG Level 5+

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Under 5's	Recreational
Jungle Gym (0-4 years)	Activebods (5-12 years)
Early Movers (18 months -4 years)	Acro Foundations and Gym Skills
Early Learners (3-5 years)	Intermediate Acro, Tumbling and Aerials
	Aerials and Tumbling
	Advanced Acro and Tumbling
	Adults Gymnastics

Supplementary
Strength, Flex and Injury Prevention
Personal Training



Please check our website for any changes to class types. www.northwestgymnastics.com.au

3.1 Under 5 Programs

A movement education program for toddlers, infants, and preps. Skill learning is experiential, age based and developmental. Programs are constructed with an focus on fundamental life skills and education in addition to gymnastics.

- [Early Movers](#) - A structured 30 minute class for confident walkers, 18 months to 4 years. Early Movers are welcome to stay for the following hour of Jungle Gym for Free
- [Jungle Gym](#) – A 1 hour open play class for kids 0-4 years.
- [Early Learners](#) - A structured 45 minute independent, introductory class for kids 3-5 years.

3.2 Gymnastics for All (GfA)

Gymnastics for All is a sport for everybody.

You can develop amazing skills while getting strong and flexible in fun and challenging ways; it is a sport for life with something for all ages and all abilities. The basic skills of landing, rolling and being upside-down can be developed and enhanced to suit whatever kind of movement you love best: performing with your friends; trying a competitive Gynsport; keeping fit or taking it to a whole new freestyle level.

Our GfA (Gymnastics for All) programs include:

- [Activebods](#) - A Fun and entertaining recreational program which uses the whole gym and all equipment to develop fundamental skills, technique and fitness. 5 – 12 years
- [Acro Foundations Gym Skills](#) - Ideal for dance students to improve their floor manoeuvres and dance specific tumbling skills. Complimentary for levels gymnastics. Incorporates other Gymnastics Apparatus including Beam and Bars.

- [Intermediate Acro, Tumbling and Aerials](#) - Ideal for dance students to improve their floor manoeuvres and dance specific tumbling skills. Complimentary for levels gymnastics.
- [Aerials and Tumbling](#) - A tumbling class with a twist. Incorporates a rotation between Aerial Silks, Trampoline and Tumbling Skills. We also offer this on a casual basis on a Tuesday Night.
- [Advanced Acro and Tumbling](#) - A fun recreational class focussed on Tumbling including Salto's, Flicks, Partner Acrobatics and more!! Perfect for Current and X Gymnasts!
- [Adults Gymnastics](#) - Customised programs at your own pace.
- [Strength, Flexibility and Injury Prevention](#) - A class focussed on the appropriate preparation for the performance of Gymnastics, Acrobatic and Tumbling skills.

3.3 Non-Competitive Levels

Great for Skill learning and fitness in a fun and safe environment. Competition attendance is optional at Levels 1-2 as kids find their feet in Gymnastics and build confidence.

Opportunities exist for in-house competitions along with regional events.

These levels are a stepping stone to competitive or further recreational programs. Kids learn fundamental safe techniques, build strength and confidence.

3.4 Competitive Levels

Ability based competitive skills development including the Women's National Levels 3 – 10 and Men's Levels 2 – 6.

Competitive Gymnastics is ranked as one of if not the most challenging sport. Training requires a high level of personal motivation and commitment. Training can range from 4-20+ hours per week pending level.

An extremely rewarding sport for those willing to put in the training effort required to compete on the state or national stage. NWG members regularly qualify for and compete at the regional and state level with impressive results.

The physical conditioning (strength and flexibility) requirements at the competitive levels are significant. As such for gymnasts wishing to progress in line with the national levels program (1 level per year starting at 6yrs old) we do recommend that gymnasts train the following number of sessions per week.

- Level 1-2: 1 to 2 Classes per week
- Level 3: 3 Classes per week
- Level 4 and up: 4 - 5 Classes per week

Competitive athletes who meet our minimum recommendation on classes and show a high level of personal motivation and dedication in class may be invited to our squad program. This program offers added benefits which include, personal planning, additional training options, competition preparation training and sponsorship.

4 Our Coaches

Our club provides excellent coaching staff. All classes are supervised by accredited Supervisor coaches who hold a minimum qualification of Intermediate under the National Accreditation scheme and are registered with Gymnastics Australia.

Our coaches are required to keep their accreditation up to date with the latest information and safest coaching techniques and as such they attend regular updating courses (e.g. First Aid Training, Gymnastics Safety Courses, and Skill Development Workshops).

A Trainee Coach Training Program is also in place. Suitable candidates are selected into this program by the Head Coach and Club Management and are placed under the direct supervision of an accredited supervisor coach. The supervising coach is responsible for mentoring the trainee, passing on technical and management skills to prepare them for formal accreditation.

All staff and volunteers are required by law to hold a current and valid Blue Card (working with children check), issued by the Queensland Government.

On some occasions your child's regular coach may be unavailable to take their class. Whilst we do our best to keep consistency of the coaching staff, we reserve the right to make necessary changes when needed.

If you need to ask a question, give information or gain feedback about your child's participation in our programs, it is important that you do so at an appropriate time respecting both the coaches and the other gymnasts. All communication is to be with Club Management prior to the coach if needed prior to class. Once classes have commenced all coaches are required to supervise their gymnasts and are not available to speak to parents. We strongly encourage parents to email to arrange an appointment with your child's discipline Head Coach. This way careful consideration and thought can be given to the topic to be discussed and can be held uninterrupted and with privacy. Many of our coaches, coach multiple classes of an evening and whilst they may be available for short periods between classes please be respectful of the fact that they need to prepare for the following classes.

5 Attending Classes

5.1 Training Attire and what to bring

Gymnasts should wear comfortable, close fitting clothing during gymnastics classes as listed below.

- Girls: Any leotard, crop or singlet and sports shorts or tights.
- Boys: T-Shirt (not loose fitting) and shorts or skins/bike pants.
- For safety reasons students should not wear clothing with denim, hoods, buttons, zips or belts.
- No bobby pins are to be worn on the training floor, snap metal and plastic clips are permissible.
- Dresses and skirts are also not permitted to be worn in classes.
- Please note that the gym can get quite warm in summer and cold in winter and gymnasts should dress accordingly.
- Rings, Anklets, Necklaces, Watches (or similar) or any loose jewellery are not permitted in class as these pose a hazard to the participants and equipment.
- Please label all clothing and remind your child to collect all belongings before leaving the gym.
- Hair must be tidy and presentable at all times, with long hair securely tied back.
- Please bring a large water bottle to class. Ideally 1 litre or more in size.

We have a selection of second-hand clothing available for purchase. We also have a very talented mummy at the club that makes custom leotards and training gear. Please check out her Facebook page Pollyanna Activewear at: www.facebook.com/PollyannaHandmade/

Periodically we'll place orders for North West Gymnastics Training Leotards. Please contact us if interested. You can find more information and the sizing guide of our [Online Store](#).

5.1.1 Competitive Programs

Gymnasts in our competitive programs should wear;

- Girls: Leotards, Crop sets with bike pants or sports shorts are required for all training sessions.
- Boys: Singlet or T-Shirt and Skins/Bike pants or shorts. Clothing should not be loose.

Competitive gymnasts must bring their own water bottle, socks, any strapping tape required, hand guards, wrist bands, bar loops (where advised) and any other items as recommended by their coach. A dedicated space will be made available for them to store their items during and between classes at the gym.

5.2 Drop off and Pick Up

Gymnasts should arrive at classes 10 minutes ahead of their start times. Parents please either escort your child into or wait to observe their entry into the Gym. Please do not drop and run as we experienced cases where this has happened on days where the gym was closed.

Children under the age of 8 should be escorted and picked up from inside the gym.

No Child under the age of 12 is to be expected to cross the road on their own.

Children must be supervised by parents or guardians prior to the commencement of their class.

Drop offs more than 10 minutes prior to a class are not recommended and if necessary permission must be sought from club management. If children are dropped off and/or left unattended for more than 10 minutes either side of classes additional fees may result for supervision of your child by club personnel. If for any reason unforeseen circumstances arise and you are running late to pick up your child, please call the office so we are aware of the situation. Siblings of children attending classes are not to be dropped off and left unattended to observe the classes. Coaches are on the floor to supervise and coach classes and not supervise children outside the gymnastics activities.

Please remind your child that if they are waiting for their class to commence or to be picked up they are to remain inside the venue. Unruly, disruptive and dangerous behaviour in the reception or parents viewing area will not be tolerated.

If another person other than a parent is to collect your child from the gym please provide club management with prior notice and ensure children are made aware of pick up arrangements and who is picking them up.

5.3 Punctuality and Absences

Gymnasts who arrive late should make contact with the Supervising Coach. Late gymnasts may be asked to wait by the Supervisor Coach until the class is at an appropriate point for their commencement. In some instances, this may also mean that your child will be refused entry to class on that day due to missing all or part of the warm-up. Gymnasts should arrive 10 minutes ahead of classes.

If you know ahead of time that your child will be absent from class please advise Club Management by email, text message or via our facebook page. We understand that there may be absences due to illness, injury, school commitments or holidays. Please refer to section 6.6 for further information on missed classes.

5.4 Competition Uniform Requirements

Our club uniform is compulsory for gymnasts who compete at away competitions for the club.

Information on our [Competition Leotards and Attire](#) can be found on our website

For Girls, please note that all team members within a given level are required to wear the same leotard to an event.

Leotard designs do vary between levels so please check with us which leotard is required ahead of purchasing.

Club Management will place bulk orders in the leadup to competition season with order forms available from the office or our website. Should you order an incorrect size you will still be required to purchase the item. Please allow approximately 7 weeks for delivery of uniforms.

6 Enrolment and Payment

6.1 Enrolment

All enrolments for North West Gymnastics are taken via our website registration process <https://www.northwestgymnastics.com.au/how-to-sign-up-for-gymnastics-classes/>

Any child participating in activities being offered by North West Gymnastics must be registered prior to attending/participating in any activity.

Our enrolment process has 4 steps:

1. *Parents Create an Account Create* - registering a Parent/Guardian and their contact details. Please use an email that is checked regularly
2. *Register a student* – all students or participants need to be registered including emergency contact details, medical information etc.
3. *Enrol* - your student in classes, programs or book participants in for specific events and activities.
4. *Annual Student Membership* – Your membership with NWG and Gymnastics Australia to cover associated insurance.

6.2 Trial Classes

North West Gymnastics offers trial classes for new students to ensure that we find a class that suits the child. We work with parents, children, and coaches to ensure we are able to place children in a class that matches their age, ability and will give them the best opportunity to have fun, develop friendships and challenge themselves. As safety is our priority trial classes will only be offered when there is sufficient space in a class. Please note that the first trial class is free of charge and subsequent trial classes will be charged at current nominal hourly rate.

Please note that requesting a trial does not secure a place in the class in which you are trialling. Likewise, trial class offers are subject to cancellation should a class fill ahead of the trial. All trial class requests are to be made via our website <https://www.northwestgymnastics.com.au/request-trial-class/>

To secure a place in a class, Term Enrolment and Class Confirmation is required along with Term and Annual Membership fees being up to date.

6.3 Term Fees

Conducting a gymnastics program is expensive due to low gymnast to coach ratios, facility costs (rent and power), coach and club accreditations, insurance and a high capital cost for equipment. As such, fees must reflect these obligations to ensure the program's continuation.

Our fees consist of Annual Student Membership and Term based attendance fees. Term fees offer great value compared to the hourly rate of many other intensive sports. Hourly rates for attendance decrease as contact hours increase to a capped cost at which additional classes are essentially free. This is done to support the significant training hours required for competitive gymnastics.

Term classes typically align with the school terms which may range from 9-11 weeks. Each term is invoiced based on the number of classes in the term with consideration to public holidays, closures and events. Students starting part way through the term are charged on a pro rata basis for the remaining weeks in the term. Parents will be invoiced via email upon confirmation of classes and fees are required to be paid within 14 days of date of invoicing, unless a prior arrangement for a payment plan is made.

North West Gymnastics offers 10 Class Passes for our casual attendance programs. These come at a significantly reduced rate and offer an additional class for free. Please note they are not refundable.

6.4 Rebooking / Re-Enrolment Information

At this stage, Rebooking or Re-Enrolment in classes is required each term. If you wish your child to continue in same classes we can process your enrolment for you however this does require you to advise us ahead of the end of the previous term.

Offers for the following terms are available and handed or emailed out in classes around two weeks prior to the end of the current term.

Term places are not held for students who have not completed an enrolment for the relevant term.

North West Gymnastics offers a *Priority Week* towards the end of each term for the gymnasts currently enrolled in a class. These gymnasts have first option if returning to the same class in the following term. When priority week has concluded open booking commences and all unconfirmed positions become available to new and existing members.

If you are going on holidays or travelling between terms please ensure you advise us of your re-enrolment early.

6.4.1 What happens if I don't rebook?

Should you not re-enrol, a position is not held for your child. We cannot guarantee a position will be available. If the class has been fully booked, your child will be placed on the waitlist or an alternative day and time will be offered pending class vacancies.

6.5 Payment of Fees

Fees are to be paid prior to or upon commencement of week 1 of the new term or according to our invoice payment terms (within 14 days of the date of invoicing).

Annual Membership must be paid ahead of participating in classes. Annual membership is non-refundable as it covers your membership with Gymnastics Australia which is non-refundable.

We understand that gymnastics can be expensive for families with multiple children participating or where gymnasts are training more than twice per week. Families can apply in writing to Club Management requesting a payment plan.

In the event that payments are not received in accordance with our payment terms the following will occur:

- If there is no attendance on the first week/first class and no fees have been paid, your booking will automatically be cancelled, and your position offered to another gymnast.
- Gymnasts will not be permitted to continue training until payment or agreed payment plan amounts have been received in full.
- Any unpaid fees at the end of term may be sent to a third party debt collection and the account will be charged a \$100 administration fee.

6.6 Missing Classes

If a student misses a class, leaves early or arrives late, this does not entitle you to a discount or refund of fees. Likewise, no discount is given when a family takes holidays during regular training. Your fees pay for a position in a class and the cost to the club remains the same whether you attend or not.

Make-up classes are available however these are limited two (2) per term and only if there is available space in an equivalent class. All Make up class requests need to be submitted to the club manager.

6.7 Altered training hours due to sickness or injury

In the instance that a gymnast misses more than two (2) classes consecutively for medical/illness or injury, a medical certificate will need to be provided, and a pro-rata adjustment will be made to your account to reflect the hours missed.

In the case of an injured gymnast with adjusted training hours, a new gymnast beginning on reduced hours or where the head coach has set reduced hours for the gymnast, a pro-rata adjustment will be made to your account to reflect the reduced hours.

A medical clearance certificate may be requested by the club ahead of allowing return.

6.8 Cease at your Request

If you decide not to continue, written advice must be provided to the club manager via a cancellation form. This form must be completed and submitted with a minimum two (2) week notice. Your account will be settled on a pro-rate basis less a \$20 administration fee. Cancellation forms can be obtained from the Club Manager. Full Term fees will be applicable if the above process is not followed.

Any outstanding fees will need to be paid in full to the club prior to any club transfer being approved. This in accordance with the gymnast transfer policy of Gymnastics Australia. Note this policy is not bound by time and fees owing from prior years will impact your ability to participate in the future.

6.9 Public Holidays and Gym Closures

North West Gymnastics gym closures during terms are highlighted in our term calendar. The gym is normally closed on Public holidays. These closures are planned ahead of term as indicated on our calendar and fees exclude these days as indicated on invoices.

6.10 Cancelled Classes

In the event that a class needs to be cancelled we will contact you via phone or SMS at the earliest opportunity to advise of the cancellation. If a class is cancelled and a makeup class cannot be arranged a credit will be issued in the follow terms invoice.

6.11 Entry Fees for Competitions and Events

Away competition fees vary between events from \$70-150 pending the event. North West Gymnastics often runs inhouse competitions at a significantly discounted price. Competition

fees are predominantly determined by the club coordinating the event with an allowance to cover coach attendance at the event.

6.12 Event Refund Policy

Once nominations for events have been submitted to the event organiser refunds are generally only applicable where a medical certificate can be provided less an administration fees applicable.

7 General Information

7.1 Social Media

Please check with Club Management prior to posting any images or videos of our classes on Social Media. Please do not post media that contains coaches or gymnasts who are not in your direct care without express permission of those in the media, their parents or guardians.

7.2 Spotting of Gymnasts

Spotting is the physical assistance or correction of a skill through the use of the coach's hands or specialised equipment. It is an important part of skill development and assisting the athletes to feel the movement and specific shapes required in a skill and to ensure that they are safe as they initially practice the movement patterns. It is important that Parents are aware that coaches may physically assist participants in the performance of skills from time to time.

7.3 Notification of Changes to Medical and Contact Information

It is the responsibility of the Parent or Guardian to maintain up to date contact information on our website account.

7.4 Medical Clearance, Injury Management and Insurance

In Gymnastics like any other sport there is always the risk of injury.

Medical clearance from a medical professional may be requested ahead of returning to classes where an injury or illness has occurred or has been noted as a reason for absence.

North West Gymnastics recommend Total Physio Isa for any physiotherapy assessments or treatments. Should you attend a physio please advise them your consent to us contacting them for information and rehabilitation information for your child.

In any case we may request this information on return from an absence so it is always wise to have a written rehabilitation plan including appropriate exercises for your own benefit. If strapping is required this must be done before class and not during class except via prior agreement.

If your child has injured themselves prior to class it is advised not to send them to class without a discussion with club management at least 24 hours prior. Last minute notification or absence of notification of injury does not provide sufficient notice to amend or modify class activities for your child's participation, safety and our duty of care. North West Gymnastics reserves the right to refuse entry into class if your child is injured or sick. Any child with a fever should not participate in any physical or sporting activity.

If a gymnast becomes injured during training the Supervisor Coach must be notified immediately.

Should your child be injured during classes we will contact you directly. Please consult with us immediately as there is a requirement for reporting that is required should you need to access insurance. All claims must be submitted to Marsh within 120 days of the event.

Claims can be made via the Marsh Advantage website at:
<https://www.marshadvantage.com.au/partner-group/gymnastics/claims.html>

7.5 Viewing of Classes

North West Gymnastics welcomes and offers the luxury to parents to any of our classes. We do ask however you refrain from interaction with your child during classes. We also ask that you refrain from taking videos or photographs without the express permission of Club Management.

7.6 Lost Property

Lost property is kept in the foyer of the gym. Periodically the club will clear lost property.

7.7 Behaviour

At North West Gymnastics we focus on effort and not just the outcome or results. Principles of Growth Mindset are infused in our classes as we work with gymnasts.

The Head Coach and Club Management reserve the right to deny participation in classes when appropriate. This includes sitting a child aside in class if their behaviour is deemed to be unsafe. Rudeness, unsafe behaviour and blatant disregard for the rules of the gym will not be tolerated.

8 NORTH WEST GYMNASTICS CODES OF BEHAVIOUR

8.1 Rules of the Gymnasium

1. No food to be eaten in the gym. Food to be consumed at the tables in the viewing area only.
2. No Shoes are to be worn in the training area. All shoes and belongings are to be placed against the wall and bags placed on hooks provided.
3. Do not climb on the fence. Parents please supervise your children and do not allow them to climb on, under or through the fence into the training areas.
4. Close the gates and doors – There are young children in and around the facility.
5. Please do not leave young children unattended before or after class
6. Running or horseplay in waiting and viewing areas is not permitted
7. Admission to the training areas and use of equipment is strictly forbidden unless under the direct supervision of a gymnastics coach.
8. Please be polite to coaches, staff, other gymnasts, and not disrupt their class or other classes.
9. Students are expected to be punctual for class ideally arriving 10 minutes early to ensure they are ready with a full water bottle and refreshed. If late, the Supervisor Coach or Club Manager is to be advised of the reason. The Supervisor Coach will determine a suitable time for the gymnast to proceed to warm up before commencing activities.
10. Students should not run in the gym training areas unless at the request of a coach. Eg. Tumbling, or Vaulting.
11. No horse play shall be permitted or tolerated at North West Gymnastics facilities or at any event or venue at which the club is being represented.
12. Aggressive behaviour or bullying of any sort will not be tolerated
13. Students should never use equipment found to be faulty. The coach should be notified immediately.
14. For Safety reasons, no jewellery, watches, “fitbits” or dummies are allowed inside the gymnastics training area.
15. Students should never perform or attempt to perform a skill they have not been taught by a coach of North West Gymnastics.
16. Any accident or injury, no matter how minor, must be reported to Club Management Immediately.
17. All gymnasts under the age of eight (8) must be dropped off and picked up inside the gymnasium. Please be at least five (5) minutes early to drop off and on time for pick up.
18. Gymnasts must wait inside the North West Gymnastics facility for their guardian and not outside on the ramp or the in the carpark
19. It is forbidden to play in the carpark or any area around the building

8.2 Code of Behaviour for Gymnasts

1. No Jewellery, watches, “fitbits” or loose clothing to be worn during training.
2. Be punctual to class. Gymnasts should arrive at least five (5) minutes before the start of their lesson and be ready to commence their lesson, refreshed and with a full water bottle.
3. Gymnasts must not enter training area without prior permission from their coach or the coach in charge.
4. Gymnasts must ask permission from their coach to leave the training area and advise them of leave to go to the bathroom.
5. Do not use equipment without the permission of a coach.
6. Respect our equipment and facility. Never break or pick foam or intentionally destroy or damage any equipment. Never write on or rub off the chalkboards or whiteboards these are for the use of coaches only.
7. Co-operate with and respect your team mates, opponents and coach.
8. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
10. Gymnasts shall not participate in or tolerate acts of aggression or bullying, physical or verbal. Report any concerns to you coach.
11. If no one is present to pick you up after class, sit and wait inside in the designated viewing area quietly. If they are more than 10 minutes later than expected, notify the manager on duty so they can call somebody for you. You are not permitted to wait outside the gym to be picked up this is for your safety.

8.3 Code of Behaviour for Parents, Guardians and Spectators.

1. Remember that your child participates in sport for their own enjoyment, not yours. Focus on your child's efforts and performance rather than winning or losing.
2. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background, or religion.
3. Allow fellow parents the respect they deserve in viewing or involvement in their child's participation.
4. Demonstrate a high degree of individual responsibility especially when dealing with or being in the vicinity of persons under the age of 18, as your words and actions are an example.
5. Respect officials' decisions and teach children to do likewise.
6. Do not physically, or verbally abuse or harass anyone associated with the sport i.e. participant, volunteer, coach, judge etc
7. Photography or videos are not permitted during normal training times unless prior approval is given from Club Management.
8. Avoid discussion or criticism about coaches, judges, staff, other gymnasts, parents or North West Gymnastics, programs or the Club – particularly in front of gymnasts or parents. This can be a source of misinformation. Any such behaviour will not be tolerated and may result in membership with North West Gymnastics being revoked. Support the staff and officials in their enforcement of the rules and their coaching techniques. If you have any concerns please make an appointment to discuss or raise these with Club Management.
9. Parents/Guardians must not bring their child/children to gymnastics if they are ill, injured, sick or contagious.
10. All gymnasts under the age of eight (8) must be dropped off and picked up inside the gymnasium. Please be five (5) minutes early to drop off, and on time for pick up. The pick up and drop off area at the base of the facility entrance is the only area that parents will be permitted to drop off and pick up their children. Children are to be accompanied at all times by a parent or guardian crossing roads and travelling from the car park to the gym entrance.
11. Close the gates and doors as you pass through entrances. There are many young children about.
12. Please drive and park your vehicle safely. Following our parking signs and notices.
13. It is your responsibility to supervise your children that are not participating in classes. Please ensure they follow the gym rules e.g. do not climb the fence, climb through the fence or enter the gym training area. A small play area has been set up for younger siblings to play at, but it is your responsibility to supervise, occupy and clean up after your children. Failure to do so and repeat offenders can and will be asked to leave the gym.
14. Report any injuries to yourself or your children while in the venue immediately. Please be aware that failure to report an injury or incident may void any claim wish to make towards insurance.
15. Please do not interact with Gymnasts during their training. If you are distracting gymnasts, you may be asked to leave the premises.
16. Parents/Guardians are not permitted to enter the training areas at any time unless requested to do so by a coach.
17. For any coaching questions or concerns please speak directly with the Club Manager or request a meeting. Our junior coaches are not to be approached by parents/guardians on coaching related matters.