



CLUB RULES



Links Gymnastics (Berkshire) Ltd

Parents:

Please ensure that:

- All the rules are fully understood by your children. These rules are to enable coaches to ensure your children's safety while in the gym.
- Children arrive and leave the gym at the correct times.
- The coach has arrived before leaving your child(ren) in the gym.
- You are aware the club operates a strict anti-bullying policy and will not tolerate any bullying in any form. If this affects your child, please talk to the Head Coach or the Welfare Officer.

Gymnasts:

- Should not leave the gym at the end of a session until collected by a parent/carer and should make a coach aware of your departure. All classes will have a coach standing by the door checking the departure of each child.
- Must be dressed appropriately. Strictly NO jewellery, (if ears are newly pierced please cover them with tape before gym). Long hair to be tied back. Leotards and shorts to be worn or shorts and a T-Shirt for the recreational classes. Bare feet (or suitable protective footwear if foot infections are a problem).
- Must follow the coach's instructions.
- Should show respect to the coaches and other gymnasts.
- Should NEVER go on any apparatus unsupervised or without permission from a coach.

Coaches:

- Are responsible for the children while they are in the gym.
- In the event of a fire alarm children must leave the gymnastics hall accompanied by the coaches. They must exit from the nearest safe exit and assemble in the car park and await instructions from the Lead Coach or Fire Personnel.

Everyone must be aware that:

- At competitions all members must respect officials, judges and coaches.
- You remember you are part of a team / squad and should support other members. You are also representing your club and are expected to behave appropriately.

If anyone has any problems relating to the above or any matter concerning the club, we at the Links Gymnastics Club welcome your questions and suggestions.