



# Stevenage Sports Acrobatics Club

## Gymnast's Agreement Form

*This form must be read and signed by the gymnast on the slip provided on the covering letter. If the gymnast is under 16 it must also be signed by one of their parents/guardian. The parent/guardian must carefully explain, to the gymnast, the contents of the form. This form must be returned to the Head Coach within one week of membership being renewed or being invited to join the club. It is a condition of membership of the club that this form is signed and agreed to.*

### **Safety**

I understand that the safety of myself, and other gymnasts, is the most important part of being a gymnast.

I will not do anything that will or could harm another gymnast.

I will report to a Coach any problems with equipment which could cause safety issues.

I will continually check that the safety mats are close together with no gaps between them, where a gymnast could slip and hurt themselves. I will immediately report to a Coach any mats that are not close together.

If I spill a drink in the hall or the changing room I will immediately clear it up.

### **Food**

I will not bring food into the general training sessions and I will have had sufficient to eat before I attend so that I do not need food while I am training.

My drink will be brought in a water tight container, marked with my name.

*For a 3 Hour training sessions or external event only:*

I may bring food and drink but it will be in sealed containers.

This food and drink must be eaten at the side of the hall away from any of the mats or equipment.

I will ask permission from a Coach before eating/drinking

I will tidy away my food rubbish as soon as I have finished eating.

### **Mats**

I will help to get out and put away all mats and equipment used in training.

I will not leave the sessions *until all mats have been cleared away*.

If I need to leave early I will ask my parent/guardian to confirm this with the Head Coach(or Coach in charge).

I will be careful of other gymnasts' safety when putting mats away.

### **Attending Sessions**

I understand that if I don't regularly attend training sessions I may be withdrawn from a competition.

If I am given a competition partner/s I understand that failure to attend regular session has an effect on them as well as me.

### **PickingUp/Drop Off**

I will not wait outside for my parent/guardian but remain in the hall or reception of the area until I am picked up.

I understand that I must not leave the hall without the knowledge or permission of a coach.

### **Dress Code**

I will follow the Gymnasts dress code and I understand that I may be asked to sit out a session if I come improperly dressed and that my parent/guardian will still have to pay for the session.

### **Mobile phone use**

All mobile phones will be switched off during sessions. Phones will only be used in the event of an emergency unless being used to record legitimate gymnastic activity and only in accordance with the club photographic policy.