

Dear Parents & Guardians,

As we continue to grow and welcome new members into our community, we kindly ask all families to read and adhere to the following club rules. These are in place to ensure the safety, smooth running, and enjoyment of sessions for all gymnasts and coaches.

Please take a moment to review the points below:

1. Jewellery Policy

As outlined by **British Gymnastics**, no jewellery is permitted during sessions. This includes earrings, even if they are newly pierced.

- **After the initial 6-week healing period**, earrings must be removed – **taping is no longer permitted**.
 - This is to reduce the risk of injury to both the gymnast and the coach.
-

2. Toilet Use

Please ensure your child uses the toilet **before** the start of their session.

- We understand that younger gymnasts may need to go during class, but we ask for your support in helping reduce unnecessary disruptions.
-

3. Late Drop-Offs

Warm-up is a vital part of every session.

- If your gymnast arrives **more than 10 minutes late**, they will **not be permitted** to join the session for safety reasons.
-

4. Late Pick-Ups

If you are **more than 5 minutes late** collecting your gymnast, **without prior contact or a valid reason**, a **late collection fee** will be charged and added to your next direct debit.

5. Drop-Off & Pick-Up Policy

All gymnasts must be dropped off and collected by a **responsible adult (18+)**.

- This is a **safeguarding requirement**. No gymnast will be allowed to leave without adult supervision.
-

6. British Gymnastics Membership

Your gymnast must have a **valid and up-to-date British Gymnastics membership** to attend sessions.

- Please renew promptly when notified – failure to do so will result in the gymnast being unable to participate until completed.
-

7. Missed Direct Debit Payments

If a payment fails for any reason, your gymnast will not be able to attend further sessions until the issue is resolved.

8. Illness Policy

If your child is unwell (including **sickness, diarrhoea, fever, contagious illness**, or has been **sent home from school**), please **do not bring them to their session**.

- As a small, family-run club, if illness spreads to our coaching staff, it can lead to class cancellations which we aim to avoid.
-

We appreciate your continued support and cooperation in keeping the club a safe and positive environment for all. If you have any questions about the rules above, please don't hesitate to get in touch.

As a member of Advance Gymnastics Club, you have agreed to these conditions. Failure to follow them may result in a warning and, if not resolved, the termination of your membership.

Kind regards,

Megan

Head Coach

Advance Gymnastics

07788 24810 / info@advancegymnasticsclub.com / advancegymwelfare@gmail.com