



TT Trampoline & Gymnastics Club

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FREESTYLE / ADULT GYMNASTICS

Dear Participant

Welcome to the TT Gymnastics & Trampoline Club.

- Freestyle / Adult Gymnastics Gymnast Record sheet
- Disclaimers for the freestyle sessions
- Gym Rules appropriate for the freestyle / adult gym sessions.

Please ensure you read the above carefully and follow all rules and guidelines within all this documents and that all forms are returned on your second session or you will NOT be allowed entry as this is for membership and insurance with British Gymnastics.

If you already have a valid BG membership and insurance from another club you **MUST** bring in your BG card or a confirmation letter from your other club and you will then be exempt from paying the BG membership fee again.

Your first two sessions will be charged at £5 (half price taster session)

Your third session will be charged at £30.00 (£22.50 annual BG Insurance, regional affiliation and £7.50 session fee)

Your third and subsequent visits will be charged at £7.50 per session. Sessions are pay as you go.

BG membership and insurance is due every September for the renewal on 01 October at the rate of £22.50 for Bronze Level Cover and regional affiliation, as per our club rules.

Please remember: Before you enter the gym on your third session you must have returned your completed forms and paid the correct insurance to British Gymnastics and your session fee to the TT Club or you will NOT be allowed entry.

Please note that as it is a pay as you go session and numbers for this session are limited due to coach availability, doors will remain open each session from 7.30 till 7.45 and it is based on a first come first served basis to ensure coach/participant ratios are not exceeded. Sessions are restricted to a maximum of 16 participants. Therefore you may be denied entry to the gym if it is already full.

During the class we operate a warning system. Please ask the coach in charge for further details on this.

Lastly thank you for coming to the TT Club and we look forward to seeing you in our Freestyle Gymnastics Classes!

Yours faithfully,

Elise Filby
Head Coach

FREESTYLE / ADULT GYMNASTICS

Gym Rules

As outlined in the welcome letter if **any** of the following rules are broken you will be given a preliminary warning by the coach, followed by a time out of 15 minutes and thereafter you will be asked to leave the session. **Under no circumstances will abusive or threatening behavior towards TT Club staff and/or other participants be tolerated.** All such incidences will be reported to the police immediately.

The TT Club reserves the right to temporarily or permanently ban you from the sessions should your behavior and/or conduct be inappropriate and your session fee and BG membership will not be refunded.

- You may not enter the gym area until invited to do so by a freestyle gymnastics coach.
- At the beginning of the session the head coach may restrict the use of certain equipment for safety reasons, any instructions of this nature **MUST** be followed.
- **ALL** gymnasts **MUST** take part in the warm up activities (including basic stretching). If you are late to a session you must still warm up and introduce yourself to a coach. This is for your safety.
- There will be **NO SINGLE OR DOUBLE SOMERSAULTS** without speaking to the lead coach first for supervision!
- You must not alter/ adjust equipment – ask session coaches to help you if you need to alter equipment.
- 10 minutes before the end of your session you will be asked to stop and pack away. **Please do this immediately. YOU MUST ASSIST IN PACKING AWAY.**
- All food is to be consumed **OUTSIDE** of the gym or in the designated viewing area.
- No jewellery, piercings or body adornments of any kinds are to be worn by anyone inside the gym. If you have any items which cannot be removed please inform the Head Coach who can make a necessary risk assessment prior to agreeing any participation.
- No shoes or footwear are to be worn during the freestyle sessions, however socks must be worn at all times whilst on the trampolines.
- You are required to assist with spotting each other on the trampolines which may only be used when spotters are present and taking into account safety rules which are clearly displayed by the trampolines.
- Long hair is to be tied back and secured at all times whilst participating. No caps/ bandanas or other such items are to be worn during the session without the permission of the lead coach.
- All requests for photography or video footage must be requested from the lead coach. It may be permitted as long as it is within strict boundaries and must be shown to the head coach before leaving to ensure no unauthorized persons have been captured within the footage. If this has occurred you will be required to delete the footage before leaving the gym.
- Suitable sports clothing is to be worn at all times, such as shorts/ jogging bottoms and a t-shirt/ jumper. **No jeans are allowed.**
- Any friends or family who wish to wait and watch are welcome to stay but **MUST** wait / observe in the designated viewing area.

FREESTYLE GYMNAST'S RECORD SHEET

Name of Gymnast _____	Date of Birth	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address _____							
Town _____	Post Code _____	Tel Home _____					
Email address _____	Mobile _____ (this will be used for any Correspondence)						

Details of alternative contact in case of emergency

Name _____ Relationship _____

Tel No _____

Medical Information

In the unlikely event that you should need medical attention during a session at the gym it is essential that we have all possible information available regarding medical conditions – especially allergies to drugs or penicillin etc.

NB if these details change at any time please ensure that we are notified in writing so that our records can be kept up to date.

Name of Doctor _____ Tel No _____

Address _____

Details of any medical conditions or allergies e.g. asthma, epilepsy (including details of medication etc. which you may take on a regular basis). Continue on a separate sheet if necessary:

Signed: _____

Print Name: _____

Date: _____

FREESTYLE DISCLAIMER

Dear freestyle gymnast,

Please read the following carefully and sign to say that you have read, understood and agree to the following statements.

I have received, read and understood the membership pack, including the freestyle gym rules and clearly understand all of them.

The TT Club recommends the use of our professional coaching staff whilst practicing Gymnastics. You should become knowledgeable about the risks involved in participating in gymnastics and assume personal responsibility for your actions.”

You must assume responsibility for skills you may undertake that are outside of the coaches qualification and that are not within our sport of Gymnastics. If you are unsure of any of these please ask a coach. You may not hold the TT Club responsible for any skills that are outside the BG syllabus.

Please do not use the instructions you have been given here, for any skills, to be taken outside of a safe, gymnastic environment. Any that you do is done so at entirely your own risk.

After your second taster session, you will not be allowed in the gymnasium **at all** until you have taken out the correct insurance with British Gymnastics and registered as a member to the TT Club or another BG affiliated club. Please ask a member of the office staff for more details on this.

All footwear and clothing etc is to be placed outside of the gym in the designated areas and is done so at your own risk. The TT Club will not accept responsibility and cannot be held liable for any lost, stolen or damaged belongings: however, upon request to one of our coaches, valuables can be locked away.

Each session that you attend can you please take a moment to see who the coaches for the session are, locate the first aid point and locate the fire exits.

I HAVE READ, UNDERSTOOD AND AGREE TO THE ABOVE DISCLAIMER

Please note that if you are under 18 you will need a parent/guardian to sign this.

Name:

Date:

Signature:

If applicable;

Parents name:

Parents Signature: