

Members Rules, Guidelines & Information

Our Aims & Objectives

- ✦ To provide a safe, friendly environment for children from school age (4+) and upwards to learn and develop in the sports of gymnastics and trampolining.
- ✦ To support individual development by the provision of appropriately trained, qualified coaches and support staff.
- ✦ To encourage members to work as a team and support one another both during training sessions and at competitions/displays.
- ✦ To promote the club by good behaviour and enhance community links by welcoming all new members/visitors.

The above aims and objectives are achieved by:-

- ✦ Providing qualified coaches who encourage all members of the club, regardless of their ability.
- ✦ The coach to children ratio is no more than 1 coach to 10 children. For each session there is a minimum of 1 qualified coach and 2 trainee coaches.
- ✦ There are 6 gymnastic sessions per week each lasting 1 hour (Saturdays)/1 hour 30 minutes (Tuesdays and Thursdays).
- ✦ There are 6 trampolining sessions per week each lasting 1 hour. There is a maximum of 10 children and 1 coach.
- ✦ The club always encourages the children to support each other, and to behave at all times due to the nature of the equipment they will use and activities they undertake.
- ✦ A Display Team for gymnastics members is made up of children with a variety of abilities, in order to represent the club at local events. The aim is to promote the club, maintain membership and encourage children of all abilities to attend.

Our Committee Members

Initially the parents of the club members elected the committee, since then committee members have been invited to join as a vacancy has arisen. The present committee has 8 members - all with close links to the club and/or children who attend. The committee consists of a Chairperson, Club Secretary, Treasurer, Fees Secretary, Enrolment Secretary, Club Welfare Officer, Schools Liaison Officer and Health & Safety Officer. Minutes of all meetings are kept by the Secretary and are open to any parent/guardian who wishes to inspect them.

Training

The committee is responsible for the timings of the sessions and for arranging the coaches for each session.

The activities undertaken for each session is organised by the Head Coach for gymnastics or the trampoline coach for the trampoline sessions.

Display Team training is organised by the Head Coach and Chairperson.

New Members Waiting List

We currently have a waiting list for potential new members which is managed by the Enrolment Secretary. When spaces come free potential new members will be contacted. Places are issued on a first come first served basis apart from when a child is too young to join. In this circumstance they are placed on the list and plans are made for them to join at the first available place.

Course Renewal

Please inform us if you do not wish to renew your sessions at the start of the new term, this will allow us to give others the opportunity to join the club.

Payment

Upon joining and becoming a member of MHGC all children have to pay an annual insurance fee, as stipulated by British Gymnastics (BAGA), this fee is currently £15 for the full year. This cost also includes the costs of enrolling with BAGA. The insurance is renewed annually in October.

Fees for gymnastic and trampolining sessions are to be made in advance in 6-8 week blocks (depending on term times). Invoices are arranged by the Fees Secretary and are to be paid to the Fees Secretary, preferably by cheque, the Fees Secretary then documents payments and forwards payments to the Treasurer to document and bank.

All fees are non-refundable should a member decide to leave.

Any amendments to fees are discussed by the whole committee and decisions taken as a whole.

Dress Code

All coaches and members must wear suitable clothing. The clothing should not be too loose or long. Our uniform is made up of a club branded navy t-shirt (to be purchased on first enrolment, at a cost of £7.50 each), with black shorts or leggings. Club branded zip-up hooded tops are also available at £10 each, these are not compulsory but are available to order.

Clothing must not have buttons, buckles, belts or exposed zips. Participants should warm up, condition and cool down in bare feet. Socks in good condition or trampoline slippers **MUST** be worn on the trampoline bed. Participants with holes in their socks may not be allowed to train for health and safety reasons.

Hair

Long hair should be securely tied back to avoid distraction or loss of vision.

Jewellery & Piercings

Jewellery and piercings are in appropriate in gymnastics and must be removed by all coaches and participants.

Coaches and participants with recent piercings where jewellery cannot be removed will not be able to participate until jewellery can be removed.

Mobile Phones

All mobile phones are to be switched off prior to and during all sessions.

Hand Guards

As we are now using the bars more frequently we would recommend that you buy your child some handguards to protect their hands whilst using this equipment. These can be bought on the internet for just under £8 plus P&P. A site we have found is www.gymnasticexpress.co.uk Tel: 01668 217901.

Before placing your order you will need to measure your child's hand to get the correct size, all details of how to measure can be found on the website.

Session Timings

Tuesday	Session 1 starts at 5.00pm, ends at 6.30pm Session 2 starts at 6.30pm, ends at 8.00pm Trampolining ends at 7.30pm
Thursday	Session 1 starts at 5.00pm, ends at 6.30pm Session 2 starts at 6.30pm, ends at 8.00pm Trampolining ends at 7.30pm
Saturday	Session 1 starts at 1.15pm, ends at 2.15pm Session 2 starts at 2.15pm, ends at 3.15pm

Session Endings

Please ensure you are here to collect your child 5 minutes before the end of their session, this will allow us to vacate the gym on time.

Our Rules

As a member or parent/guardian of a member of MHGC you agree to adhere to our club rules and guidelines as outlined in this document.

An adult must accompany ALL gymnasts/trampoliners who are under the age of 12 years into the sports hall.

ALL gymnasts/trampoliners must sign in upon arrival.

Health & Safety regulations state that ALL children in attendance must be registered.

Fire drills will be carried out randomly, it is the responsibility of the coach to ensure that all children on the register are accounted for.

Due to the toilets being easily accessible to any one wandering around the college members will not be excused unless another child or coach accompanies them. Regular toilet breaks are supervised with the coaches.

The starting age for new gymnasts and trampoliners is 4+ who are at school.

No smoking is allowed within the sports hall or any indoor amenity, as stated by the college.

Whilst gymnasts/trampoliners are in training parents are encouraged to leave their children with us, returning to collect their children 5 minutes before the session ends. Parents are obviously welcome to stay and watch, however we do ask that they keep a low profile and do not distract their children in any way to ensure the coaches are able to coach everyone to the best of their ability.

Grievances should be recorded with a member of the committee, these will be discussed by the committee and relevant action taken.

Dissolution: in the event of the club ceasing all assets would be available to another gymnastics club or local school/college that undertakes gymnastics training. This would only occur once all debts/financial commitments have been paid.

Jewellery & Piercings

Jewellery and piercings must be removed by all coaches and participants. Members will be refused participation if unable to remove.

Coaches and participants with recent piercings where jewellery cannot be removed will not be able to participate until jewellery can be removed.



Market Harborough Gymnastics & Trampolining Club

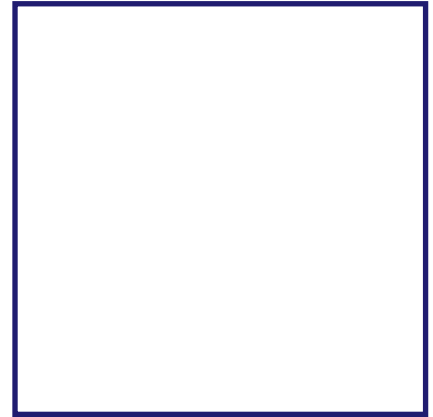
Our Committee



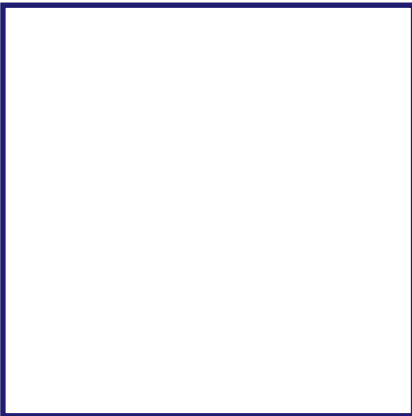
**Chairperson &
Volunteer Coordinator**
Rose Darnborough



**Club Secretary &
Publicity Officer**
Michelle Harriman



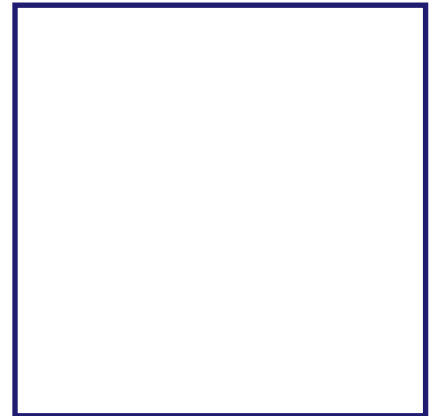
Treasurer
Fiona McDonald



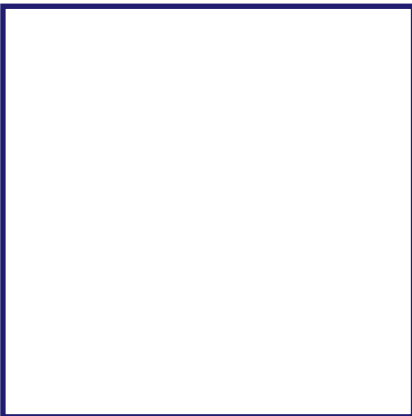
Fees Secretary
Sian To



Enrolment Secretary
Sally Eales



**Club Welfare &
Child Protection Officer**
Gemma Sargeant



**Schools Liaison Officer &
Head Trampoline Coach**
Kieran Grundy



**Health & Safety Office
& Head Coach**
Sian Darnborough