

CLWB GYMNASTEG ERYRI GYMNASTICS CLUB

CHAIRMAN: Aaron Lewis, GwynFryn, 79 High Street, Penygroes, LL54 6PL: 01286 882 448

SECRETARY: Frances Lewis, GwynFryn, 79 High Street, Penygroes, LL54 6PL: 01286 882 448

TREASURER: Janelle McMeeken, Braemar, Morfa Bychan, Porthmadog, Gwynedd, LL49 9YD: 01766 514 580

WELFARE OFFICER: Jan Ozyer, Siop Rhos, Bryncroes, Pwllheli, Gwynedd, LL53 8EH: 01758 770 204



ERYRI GYMNASTICS CLUB RULES

Eryri Gymnastics Club is affiliated to **British Gymnastics** through its registration to **Welsh Gymnastics** and thus complies with their codes of conduct and ethics. In brief "British Gymnastics strives to ensure that children, young people and vulnerable adults are protected and kept safe from harm whilst participating in gymnastics activities". For the full policy statement or further information please contact a member of the committee or British Gymnastics, Ford Hall, Lilleshall NSC, Newport Shropshire, TF10 9NB Tel: 0845 129 7129. The club operates an open and transparent policy towards our relationships with parents and guardians. If you have any technical queries, please consult the relevant coach **after the class**. Should you have any other cause for concern, please contact our child welfare officer.

CLUB RULES

- Gymnastics is a dangerous sport. All gymnasts are expected to observe safety precautions as directed by their coach.
- The gymnast is expected to show courtesy and respect to the coaches and to other gymnasts whilst in the gym.
- The gymnast is expected to wear suitable clothing. Preferably a leotard for girls and a leotard and shorts for boys. Loose clothing, buckles, belts, watches and jewelry can be dangerous for both gymnasts and coaches and should be avoided. Long hair should be effectively tied back. Body piercings should be removed or covered with tape.
- We expect the gymnast to treat all apparatus with respect and to keep it and the training area as clean as possible. In particular, refreshment needed for a session should be kept well away from practice areas.
- The gymnast should not attempt any apparatus or floor moves without a thorough warm-up and the presence **and attention** of a suitably qualified coach.
- When accepting an offer of a course of lessons (usually on a term basis), the gymnast is expected to arrive on time **for the start of the warm-up**. It is also expected that the agreed method of payment will be honored in full at the start of the class or term.
- Gymnasts and parents/guardians are encouraged to assist with setting up and storing apparatus if possible.

GYMNASTICS AND SAFETY

- Never practice gymnastics without first completing a thorough warm-up.
- Never attempt, or persuade anyone else to attempt, a movement or exercise which is beyond the gymnast's current capacity.
- Never attempt a move which contains any degree of risk without the attention of a suitably qualified coach.
- Always ensure that equipment and apparatus is firmly placed and preferably anchored to the ground.
- Space equipment and apparatus well apart so that dismount and landing areas cannot interfere with each other.
- Always use a foam pit or sufficient safety modules, landing mats or floor mats.
- Always make sure these mats are of sufficient thickness and appropriate firmness for the movement being practiced. Make sure they are the right way up and there are no gaps. Report any damage immediately.
- Never place equipment (or practice gymnastics) near a fire exit, doors or windows.
- Practice is bare feet whenever possible provided hygiene is maintained: N.B.: Some apparatus such as trampoline and bar are best practiced wearing ballet-type gym shoes or at least a pair of socks.

PLEASE REMEMBER: Eryri Gymnastics classes at Plas Silyn are, and always have been, invitation sessions and are reviewed by the coaches at the end of each term. The criteria for selection involve attendance, attitude, behavior and progress as well as sheer gymnastic ability. Sometimes a gymnast may not receive a follow-up invitation and in these cases the relevant coach will always try to explain beforehand why this has happened and how any problems can be overcome.