



LA Gymnastics,  
Unit 6, Newgrove Industrial Estate,  
Ballinode Road,  
Monaghan Town.  
Lisa; 086-3614998  
Caitriona; 085-1623670

## **Terms and Conditions of LA Gymnastics Club – General Information**

- The Gymnastics club is situated in an industrial estate and therefore has traffic past the building at all times, there are a number of parking spaces available for Parents/Guardians during class times to the front and side of the building.
- All Gymnasts under the age of 16 must be accompanied to and from the vehicle they travel in as “health and Safety regulations” dictate and club rules. Please note the club does not take any responsibility for gymnasts that enter/leave the building without Parental/Guardian supervision upon the instruction of same.
- All Parents/Guardians are asked to maintain to respect the speed limits in the area for the safety of all.
- LA Gymnastics has a zero-tolerance approach to unacceptable verbal and physical behaviour directed towards staff and coaches by either Parents/Guardians or gymnasts.
- Any unacceptable behaviour will be taken very seriously and may result in the immediate expulsion from the club and permanent exclusion. The safety and friendly environment provided by the club is important to our ethos.
- We have a zero tolerance to alcohol intake on the premises, and appreciate this being adhered to.
- Bullying is not tolerated in any form, either child to child or parent to parent, again we pride ourselves on a friendly club who encourage and support all members.
- We adhere to anti-discriminatory policies, everyone in the club will receive equal treatment.
- Once in the Main Hall, no outdoor footwear is allowed by anyone including staff.
- Photographs/ Videos may be taken during training for parental blogs (please note you will only be able to access your child’s class blog this information is for members only), and media updates, please ensure if you are not happy with your child being on social media, please make sure you have ticked this on registration.
- LA Gymnastics Club has the right to exclude anyone not adhering to our policies.
- We will endeavour to keep all updates, information and video to be provided via website.
- LA Gymnastics Club reserves the right to amend these Terms and Conditions at its discretion and without notice.
- These Terms and Conditions supersede all former ones. Use of LA Gymnastics Club will constitute acceptance of these terms and conditions.



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## **Terms and Conditions of LA Gymnastics Club – Membership**

- Please note that all gymnasts must pay their yearly insurance to participate in any classes
- There is no refund on class payments made, all fees must be paid within two weeks of term beginning
  - Payment can be accepted by
    - Online payment
    - Cash
    - Cheque
    - Card payment in the gym is not an option
- There is no refund or credit note available on any fees if you choose to stop before the end of term. (Please bear in mind that the regulation cash flow is essential for continued booking of professional staff and use high standard training facilities provided).
- If a gymnast joins the club after the start of term, proportional payment for the remainder of the term will be applied.
- Please note that payment plans can be provided and we are happy to work alongside families, please just call in, telephone or text us and we can generate a payment plan to suit your situation.
- In the event that a class needs to be cancelled due to unforeseen circumstances, LA Gymnastics will try to provide a replacement class. In such a situation, no alternative financial refund is available.



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## **Terms and Conditions of LA Gymnastics Club – Membership**

- **Rebooking for Next Term**
  - Must be completed either online or in reception before the end of the current term along with a small deposit to secure the place
  - In re-booking your child you have committed to the payment of the term in full, Term dates will be clearly listed within your email verification.
  - As with all fees these will be non-refundable or transferable due to coaches and class listing having been already confirmed with the tutors.
- Gymnastics is a sport that requires commitment from gymnasts and parents to ensure to full attendance at all their classes, as new skills and stretches can be covered which we will try to cover in the blogs but may not always follow through without physical tuition.



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- Gymnasts **MUST**
  - Be present for Roll call, it is taken at the beginning of class – if you are late, please make sure the coach marks you present.
  - Obey instruction from all coaches and Treat all members with respect.
  - Dispose of any bottles or rubbish in bins provided and not leave it in the hall.
  - Stay with their coach and group at all times.
  - No jewellery allowed (necklaces/bracelets/fitbits/dangly earrings (studs are permitted)
  - All long hair (from below the ear and longer) must be tided back tightly and remain as during class
  - Wear the appropriate attire for training, example; either
    - t-shirt that tucks in with either stretchy bottoms i.e. leggings/shorts
    - leotard and shorts
    - skins and tracksuit bottoms
    - as no outdoor wear is allowed in please make sure your child has socks – they are compulsory for use on the trampoline
  - Compulsory attire for competition attending gymnasts;
    - Full Club Tracksuit; LA Half zip, LA Jersey, LA Leotard and plain black legging/tracksuit bottoms
  - Gymnasts must take with them anything they need as we do not allocate drinks, drinks must not be fizzy or the capri suns due to mess that may occur, it is preferable that water be sent in either a sports cap bottle or from a sport's top drinker.
  - Yearly show; All gymnasts must be dressed appropriately, please note that multi coloured leotards etc will not be allowed, we ask that you as parents to supply any of the below, in order for all classes to look like a team.
    - Beginner/ graded gymnasts; Black/dark bottoms and tops
    - Beginner/ Graded Gymnasts; Black leotard that fits appropriately (if the leotard does remain in place around the bottom, a pair of black gymnastics shorts will be allowed
    - Competitive gymnasts; LA Club Leotard, unfortunately competitive gymnasts do not compete with shorts on and therefore will not be allowed either at displays unless in an openly public format; i.e. school/public concerts, parades, open days.



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## **Terms and Conditions of LA Gymnastics Club – Gymnasts**

- Gymnasts **MUST NOT**
  - Leave the gym without permission.
  - Bully other members or Use bad language.
  - Fight or wrestle.
  - Queue jump.
  - Use or get on equipment without permission or Run across landing areas.
  - Chew gum.
  - Eat food or drink in the gymnastics hall. Drinks can be taken at seating/shoe area only
  - Use mobile phones during class.
  - Leave litter in the gym or waiting room
  - Take banned substances.
  
- Gymnasts have the right to
  - Participate in gymnastics on an equal basis appropriate to age and ability.
  - Be coached by suitably qualified and interested personnel.
  - Be safe and have fun, enjoy their participation in their class
  - Be respected, listened to and believed and Be afforded appropriate confidentiality.
  - Be referred for professional help (e.g. in the case of a fall) if needed.
  - Always feel its ok to Ask for help.

I ..... have read and understand all the rules and agree to abide by them.

Signed: \_\_\_\_\_Gymnast

Signed: \_\_\_\_\_Parent/Guardian



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### **Terms and Conditions of LA Gymnastics Club – Parent/Guardian**

- It is the Parent's/Guardians responsibility to ensure that the information given at registration is accurate and up to date, if any new developments arise that the club and coach are given the new information as soon as possible, i.e. change in contact number/ Medical conditions.
- It is the Parents/Guardians' responsibility in any special circumstances to ensure that conditions are highlighted.
- Parents/Guardians agree to accept the sole responsibility for their child immediately before and after the end of the class. It is the Parent/Guardian responsibility to ensure their child's safety while in the toilets and reception as well as the safe entry of their child to the main building and vice versa.
- Parents/Guardians are responsible for bringing their child on time for the class. Warm up is essential part of the training and the child's potential absence from the first part of the lesson could result in injuries.
- Parents/Guardians take full responsibility for their children's personal belongings such as clothes, shoes and bags. Coaches and officials of LA Gymnastics are not held responsible for any damaged, lost or stolen items in the facility.
- Parents/Guardians are advised to accept official judgments regarding their child's behaviour and development.
- Parents/Guardians must collect under 16's from the gym at end of their training session, this is from the reception room,
  - If a parent knows they are going to be late, please contact us @ either numbers above as to arrange for someone to supervise your child until you arrive
  - If you decide to allow your child to leave without your presence is at your own responsibility the club takes no place in this.



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### **Terms and Conditions of LA Gymnastics Club – Parent/Guardian**

- No bullying is tolerated.
  - If you suspect your child is being bullied or is bullying please report to a coach, member of staff or child liaison officer.
  - We would appreciate if parents can continue to support our overall ethos of being an open and friendly club environment, how you may speak about another child, parent or coach at home can resonate through to the gymnastics hall.
- Gymnasts causing disruption to the class will be asked to sit out. If this becomes a regular issue, Parents/Guardians will be spoken to, and if no progress is made, the gymnast will be asked to leave. No refund of fees will be given.
- Fees must be paid at the beginning of each term, i.e. September and November
- Should your child no longer wish to attend, we would appreciate that you inform either the coach or email us @ [caitriona@lagymnastics.ie](mailto:caitriona@lagymnastics.ie) in order to open up spaces for children on our waiting lists.
- Fund raising is an important event in our calendar year and **all gymnasts** (or parents/guardians where the gymnast is too young) are required to participate.
  - Funds raised at these events are usually given to a local charity that helps within our own community i.e. 2018 – Cavan/Monaghan Palliative Care Unit
  - Or to enhance the current facilities being used by your child in the gymnastics hall.



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- In the event of illness, having parental responsibility,
  - To inform the club, of their absenteeism
  - If it is an illness outside of gymnastics and may be contagious it is important to inform the club and specifically their coach to make other parents aware there may be a possibility of it occurring in their household.
  - If an injury that occurs within the gymnastics class
    - give permission for medical treatment to be administered;
      - Nominated first aider
      - If necessary, a medical practitioner
      - If you cannot be contacted on the emergency numbers listed and hospital treatment is necessary. You have authorised that this treatment may be sought
- Support your child’s involvement and help them to enjoy their chosen sport.
- Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
- In case of Competitive gymnasts, it is encouraged that parents publicly accept official judgements, we discourage challenging or arguing with club coaches and officials.

I ..... have read and understand all the rules and agree to abide by them.

Signed: \_\_\_\_\_ Parent/Guardian

Date: \_\_\_\_\_





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### **Terms and Conditions of LA Gymnastics Club – Competitive Gymnasts**

- It is expected that gymnasts in the competitive program attend all classes
  - o Two classes a week
- Parents are expected to encourage their child to practice their conditioning and stretching at home, if you are unsure of the correct positions please see the class blog for the videos explaining all exercises
- Practicing elements at home that are not an approved skill (each gymnast will have a skill card which coaches will sign off on) is unfortunately encouraging bad habits for gymnasts that usually follow through in competition so we discourage this.
- All competitive gymnasts must attend, all competitions seemed suitable for their level.
- At an event all parents and gymnasts are to remember that they representing themselves and the club, we aspire for to compete in a sense of friendly rivalry and that our gymnasts support each other and give suitable encouragement at the beginning and end of their routines
- In the event of travelling to events further away or out of the country, travelling together as may become necessary, when staying over and travelling as team, gymnasts will be allocated to rooms and supervisors will be allocated.

Competitive Gymnast \_\_\_\_\_

Competitive Gymnasts Parent/Guardian \_\_\_\_\_



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