



iflip Gymnastics Club – Leicester

The Herewoode Academy Open Session Registration Form

- Please return this form on your second visit.
- British Gymnastics Insurance must be renewed annually (£26). Please visit <https://mybg.british-gymnastics.org/> to join now. Fill in your new British Gymnastics number below (You must have proof on your second visit).
- Weekly Class fee is £10.00 (cash or card).

Gymnast Information (Please fill out this form in BLOCK CAPITALS)

First Name: _____

Last Name: _____

Date of Birth: ____/____/____ Age: _____

Gender (Select: Female / Male/ Other): _____

Medical Conditions (If none, state 'None'): _____

Current member of iflip gymnastics club or British Gymnastics: YES / NO (Please circle relevant title)

British Gymnastics membership number:

Parent / Guardian Information

Parent Title: MR / MRS / MISS/ MX (Please circle relevant title)

Parent/Guardian First Name: _____

Parent/Guardian Last Name: _____

Email Address: _____

Emergency Phone Number (1): _____

Emergency Phone Number (2): _____

Address Line 1: _____

Address Line 2: _____

County: _____

Town: _____

Post Code: _____

Country: __England, UK_____



OPEN GYMNASTICS SESSION – TERMS AND SAFETY RULES

Our Open Gymnastics Session provides supervised time for participants to practice appropriate skills. Although coaches will supervise the session, we will not provide continuous one-to-one coaching.

By attending, participants and parents or guardians of those aged 16/17 years old agree to the following:

1. Registration with British Gymnastics must be completed and confirmed before entry to a third session will be allowed.
2. Participants must tell us about any medical conditions, injuries, allergies or additional needs before the session.
3. Participants must only practice skills suitable for their age, ability and experience.
4. New or advanced skills must not be attempted without permission from an appropriately qualified coach.
5. Coaches may stop or adapt any activity they consider unsafe or beyond a participant's ability.
6. All instructions from coaches and staff must be followed immediately.
7. Apparatus may only be used when opened or authorised by a coach.
8. Participants must not move, adjust or set up equipment, mats, barriers or safety boxes unless instructed by a coach.
9. Participants must wait in the designated areas and keep landing zones, apparatus approaches, emergency exits and walkways clear.
10. Suitable gymnastics clothing must be worn. Jewellery and watches must be removed, long hair must be tied back, and clothing must not have zips, buckles, hoods or loose cords.
11. Running between apparatus, bullying, unsafe behaviour and distracting another gymnast are not permitted.
12. Any injury, illness, damaged equipment or safety concern must be reported to a coach immediately.
13. Photography or video recording is not permitted unless authorised under the club's photography policy.
14. Anyone who ignores instructions, misuses equipment or puts another person at risk may be removed from the session.
15. Permission to learn, attempt or perform somersaults will require a specific assessment by the coach who will mark the register accordingly YES or NO.
16. Peer to peer coaching is not permitted