

IMPORTANT INFORMATION - ACTIVITY RULES TERMS and CONDITIONS.

This information is now posted on our website www.iflip.org under the TECHNICAL tab.

Our membership has grown and staffing increases and in fact the ambitions of our young members has also changed significantly with a new outlook to sport and different view to participation. There has been a huge rise in “freestyle gymnastics” driven by Freerunning and Parkour and the need for a less rigid set of performance or competitive rules. We have to balance our classes, staffing, timetables and our income to gather up all new members.

We have been successful in bucking a national trend in sport that has seen many young teenagers drop out of sport. We have a thriving Freestyle section and our adult classes are full. A major change is the introduction of **MiCLUB** which gathers up classes into a single group with realistic options to keep their interest. We have adopted a wider role as a Disability Gymnastics Hub which brings new responsibilities in the region and the County and our partnership with Street Games UK continues. We have gymnasts competing in British Finals and across Europe in friendly club exchanges and serious invitation tournaments.

We have developed a new Management Board to help with the vast workload of an organisation our size and with the help of the National Governing Body of Gymnastics we are taking the club forward. We are a CLUB, working “not for profit”.

HINCKLEY GYMNASTICS CLUB is part of CLARENDON SPORTS AND COMMUNITY ASSOCIATION, a registered charity No1073220 set up in 2000 to ensure the long term continuity and principles of non profit charitable activity. This document should also be read along with the Constitutions of Clarendon Sports and Community Association and Hinckley Gymnastics Club. All Clubs have rules, we keep our core ideals with simple ideas that protect our status as a club and the ambitions of every member. But our resources are finite, funding, facilities and staffing. There are no great handouts keeping us going. We must earn our keep. We must be organised and plan for a sound financial footing and above all we must be sure of what we offer our members and what we deliver.

The generic rules of the club are contained in those Constitutions PLUS 3 practical day to day principles;

1. Membership is an annual offer made on 1st October each year. We deliver a minimum of 48 weeks each year (a small number of exceptions include Monday session on which bank holidays fall). For most classes the annual fee is divided into 12 monthly payments (there are some exceptional Pay as you Go groups). There are no refunds or remissions on monthly payments for any reason, personal holidays, illness etc. Membership is an annual fee paid more conveniently in monthly payments. Membership is ended when the monthly fee is cancelled. **NON PAYMENT OF FEES** - Where fees lapse, are unpaid or bank payment or cheques are returned unpaid only one warning will be given. After reasonable attempts are

made to resolve the problem, if fees remain unpaid, membership will cease and cannot be restarted only after missing fees are paid.

2. The policy for the **WELFARE** of young people and VULNERABLE persons is absolute. We follow the WELFARE and **CHILD PROTECTION** policies set by the National Governing Body. This includes public access to classes and children in our care in both training and in competition. The WELFARE officer manages all WELFARE enquiries and appeals.
3. The **SAFETY** of individuals in our classes is a guiding principle that drives all the programs and activities. Where individual **BEHAVIOUR** places either that individual or other members at risk we have the right to suspend membership. Where individual BEHAVIOUR disrupts the wellbeing or enjoyment of other users we have the right to suspend membership. These rules are set by the National Governing Body and are part of established and recognised policies. The WELFARE officer manages all enquiries and appeals.

CLASSES AND GROUPS Specific groups and conditions.

Our aim is to offer an opportunity for members with a clear definition of what each group will be doing. Movement through each of the clubs programs is possible where the individual meets the specific criteria of that program. We have a very broad range of classes and there are opportunities for any age or ability. As with every club and every sport there are sections of the club that require more enthusiasm than natural talent and some sections that require greater ability and competitive instinct to succeed. For the most elite of the clubs squads the commitment and the skill level drives the success. Each group may have its own unique rules;

PRESCHOOL

Opportunities for children who are not in full time education.

RECREATION classes. One hour classes which provides a fun and safe environment to experience Gymnastics using activities on all apparatus and Award Schemes approved by the National Governing Body. We run classes in both centres Hinckley and Leicester and within the Leisure Centre in Hinckley. There are internal competitive options and for some members external competitive options.

MiCLUB We recognise that whilst some gymnasts are happy to remain within the recreation class program of 1 hour classes others are looking for a half way house which remains fun with interesting training but with options to extend that training and possibly compete in some of the many events on offer from British Gymnastics, the Region and the County. We have packaged together a series of classes with a dedicated team of coaches who will be training girls and boys. The membership of **MiCLUB** allows the members some unique benefits and flexibility of choice as they grow older. This is intended to strengthen the club, encourage interest and raise ambition. Options of 2, 4 or 6 hours of training a week are possible.

AIMS OF MiCLUB

- increasing the opportunities for participation.
- Introducing exciting and challenging programs.
- Introducing activities that are “relevant” to the 11+ age groups.
- Establishing an “identity” within the Club and a community who enjoy each other’s company, share interests and benefit from the values of Club life.

COMPETITION and DEVELOPMENT SQUADS.

These groups are selected from the membership by trial and testing and members **MUST** demonstrate a commitment to attend training, an exceptional work rate, a competitive instinct and an ambition to succeed at a high level of performance. The CLUB and the FAMILIES must **INVEST** considerable time and expense in maintaining the progress of these members and so very clear targets are set from the National Governing Body AGE by AGE skill development levels. Membership of the group is reviewed twice a year APRIL and SEPTEMBER and continuing membership of these groups is dependent on;

- A minimum attendance of 85% of the training times offered.
- Meeting the skill levels of their particular age level setwork for the competitive pathway at Regional and National performance.
- Demonstrate a safe, confident and determined attitude to succeed in learning, skill practice and performance.

All must understand that gymnastics is developed at a young age and the expectations for elite gymnastics are therefore very demanding of both physique and character. Selection is based on a snapshot of physical type and identified natural ability. DNA, physical type, lifestyle and character are very much a part of the equation. Regular reviews are necessary, it would be wrong of us to continue taking your membership fees if an elite outcome is not possible. This would place children, parents and coaches under an unreasonable expectation. The club is a large organisation with alternative options for participation. There is a place in the club for all.

DISABILITY OPTIONS.

The club has a number of specialist and integrated opportunities for people with disabilities from dedicated classes to individual programs for people of all ages. Please enquire about specialist delivery.

TUMBLE ADULTS

An opportunity for adults to enjoy a personal development of agility, fitness, gymnastic experience, tumbling and freestyle activities. This is a combination of a theatrical and sporting activity which sits around artistic gymnastics, theatre, circus and tumbling. All levels and ages are directed and guided by qualified staff.

FREESTYLE

Pay as you GO classes in partnership with the STREETGAMES program. A mixture of freerunning, gymnastic and Parkour type activities that allows a less regulating set of rules for the performance of flips and jumps. This NOT a free for all, anything goes session. All classes are led and supervised and SAFETY is maintained with direction to sound progressions of learning new skills or tricks.

SPECTATORS and VIEWING TRAINING or CLASSES

Now that we have a good waiting area for parents and a cafe in New College we have a managed policy for parents viewing of classes. There will be published times when the seating will be opened for parents and friends to watch training. Competitions are always with spectator options.

Occasional exceptions to this rule may be considered by staff.

- When a **NEW** 4, 5 or 6 year old join in **for the first time** parents may be allowed a few minutes at the start of the class to allow their child to settle.
- When new or prospective members arrive parents may be allowed see the main hall to understand what we have to offer. This is best done before the class starts.
- Exceptional visits may be allowed for short periods on request. Example; grandparents are visiting from their home in Australia and rarely see their grandchildren.

TOILETS and VERY YOUNG CHILDREN

We ask that parents/guardians of children 5 or under remain in the waiting areas throughout class times. We will not assist children in toilets.

It is a reasonable expectation that any child 5 or over will have the personal control to go through a 1 hour class without requiring a toilet break. Children should visit the toilet before a class starts. Parents of children who normally require attention at shorter intervals should remain in the waiting room in case they are needed.

Children in longer classes, 2 or 3 hours may require visiting a toilet during the lesson. We will manage this according to the age and length of time during the class.

START AND FINISH TIMES

In view of the ages of our members and finish times of some of our Elite classes we ask you to ensure that you are on the premises and waiting to receive your child at the end of the published times. We do not have the staff or the areas to supervise waiting children when parents are running late. PLEASE deliver your child to the class on time and be ready to receive your child before the class ends. We will never abandon children or leave them alone but emphasise that we are responsible for your children during the published class times.

HYDRATION

Children are encouraged to bring water in re-sealable containers which they can access during training. Sweetened, coloured, boosted, fizzy or fruit based drinks are not allowed across the working areas of the hall, spillages cause significant damage and may be charged for.

SECURITY.

We take security very seriously and ask members and visitors to be vigilant at all times. Our staff are aware of all entrances and exits but everyone's help in ensuring that behaviour is social and acceptable in the public areas and that respect for club and premises property is maintained. Strangers and passing members of the public are not necessarily suspicious but keeping a watching eye on people in and around the centres is never a bad thing. Report anything of real concern to staff.

PHOTOGRAPHY AND FILMING

Photography and filming can only take place at open sessions or competition and **MUST BE EXCLUSIVE** to your child **ONLY**.