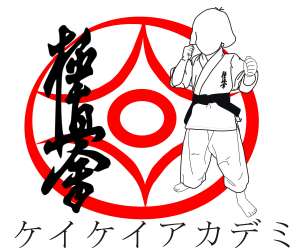


## CLUB RULES



It is a condition of entry into KKAcademy Club that member and Parents abide by all the Club Policies and rules.

These rules are for the benefit of every member of the Club including the Directors, Management Committee, coaches and volunteers, who work very hard for the benefit of all the gymnasts within the club.

### **APPAREL ( and Club Uniform)**

As per your child's Trial Session, suitable attire must be worn for the Course, consisting of either shorts or leggings and T Shirt - or a leotard (no zips or buttons please) and it's allowed only with PE or gymnastics shorts. Karateka are required to purchase karate uniform from club office. Karate uniform must be worn after your child's trial Course.

Except orthopaedic reasons, gymnasts must go barefoot at all times when entering the gym. Any exception must be supported by a Doctors Letter.

Hair must be neatly tied back in one ponytail or plait - off the face at all times, with no hard bobbles, beads or clips in the hair. Entry to the gym will be refused for non-compliance with this important Rule, as injury to your child's head may result from any infringement.

### **JEWELLERY**

No jewellery of any kind is to be worn or brought into the gym. This includes established ear studs and body piercings. New ear studs must be covered with suitable tape by the child's parent/carer before entering the gym. Studs must be removed after six weeks have passed.

### **PERSONAL BELONGINGS**

All child's clothes and shoes must be retained by the parent/carer. The Club accepts absolutely no responsibility for any item left in the Changing area or in the school foyer. No personal mobile phones are to be brought into the gym. Except for medical equipment, such as inhalers or epipens, Coaches will not accept responsibility for any item belonging to any participant.

### **GENERAL BEHAVIOUR**

- Gymnasts are required to sit down until their training begins and are expected to sit down if waiting to be collected at the end of training. Running around the gym is strictly forbidden.
- Gymnasts are forbidden to 'play' on equipment or in the pit at any time.
- Gymnasts who fail to carry out the instructions of any coach will be given the opportunity to explain the reasons for failing to do so. If the simple reason is disobedience, then they will be asked to sit out for the remainder of the session.
- Gymnasts will be told when to get a drink, or to take a break. They must not do so unless directed to by a coach. The only exceptions to this are those gymnasts who may suffer from diabetes, who will inform their coach of the need to take a snack/drink.
- Gymnasts must ask to go to the toilet, they are not permitted to walk away from training without first asking their coaches permission.
- Drinks are permitted in the gym, but this are not allowed to be in a glass container. Fizzy drinks of any kind are also not permitted

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London, SE23 3SB*

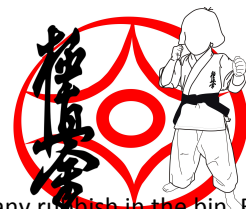
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- Gymnasts are expected to show respect for their surroundings and put any rubbish in the bin. Empty drink cartons and crisp/sweet packets are expected to be picked up by their consumer and not left for others to clear away for them.
- The equipment in the gym costs a great deal of money to replace. Therefore gymnasts are required to look after the equipment and not misuse it. The Club reserves the right to charge parents for wilful damage to equipment and/or to exclude permanently a gymnast who has caused such damage.
- The Club reserves the right to exclude either permanently or for a period of time, a gymnast should his/her behaviour prove disruptive or offensive to other Club members.
- Bad language will be offensive remarks and bullying are all unacceptable within the Club. Gymnasts will be reprimanded and disciplined for breaches of courtesy. Parents are expected to work with the Club to enforce good standards of behaviour and respect of self and others.
- Parents of very young children are expected to accept these rules on behalf of their child and to work with the Club to correct inappropriate behaviour in a caring and sensible manner.

### **HEALTH**

Any medical conditions relating to any child must be entered on the Personal Details Form by the parent/carer. Recent incidences of injury or illness must also be advised to your child's Coach prior to any session. It is important that you tell your child they must inform their Coach if they sustain any form of injury during their session. This will enable the injury to be noted and recorded. Failure to do so will absolve the Club from any subsequent liability. This does not affect your Statutory Rights.

### **SAFETY**

Children are not permitted to enter the gym under any circumstances without a Coach being already present in the gym. Children are required to sit down quietly upon entering the gym until the start of training. This is also repeated at the end of the session, until handed back to their parent/carer. Running around the gym, unless under the direct supervision of a Coach is absolutely forbidden. It is also strictly forbidden for any child to touch any piece of equipment in the gym, enter a foam pit or jump unless directed to do so by a Coach. Children who do any of these, unless under direction, will have to sit out the remainder of the session. Chewing gum is also strictly prohibited.

### **DROP OFF & COLLECTION**

Parents/carers must not leave their child until they have been passed to a Coach at the gym door. Under no circumstances will any child be permitted to enter the gym after ten minutes have passed from the designated start time of any session. This time will be as determined from the clock inside the gym. Any child that misses the first ten minutes warm-up - whatever the reason, cannot participate. Children aged 11 years + may take themselves home provided their parent/guardian has signed the KKAcademy Parental Permission Leaving Form. This form must be processed through the Office. No child under the age of 14 years - even a sibling - may collect a child after a session. It is vitally important that you tell your child's Coach if anyone other than you will be collecting them at the end of the Session. We refuse to pass your child to any such or unidentified person without advance notification or advice from you. Punctuality is important - a LATE FEE of £5 will be charged for any late collection of children -irrespective of the reason (at the Club Managers discretion) Additional sums of £10 will be levied for every additional 15 minutes that your child is in our care. After 30 minutes have elapsed, and if we fail to contact you, we are obliged to report the situation to Lewisham Social Services Department.

### **GENERAL INFORMATION**

On joining the Club all parents/guardians will be required to complete a Personal Details Form and sign it to signify your intention to abide by all Club Rules, Policies and Procedures. Club Health & Safety Policy

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documents must also be completed at this time. All these documents are in place to protect your child and Club Staff. You must advise us immediately if any of the important details on your paperwork change.

Should you need to speak to your child's Coach for any reason, please try to do this before or preferably after the session. If the Coach is busy you may have to arrange a meeting via the Club Office on 07849502120 or 0208 697 8225. Your child's Coach will return your call with a day and time as soon as they can.

It should be noted that the Club exercises a zero tolerance policy towards bullying, horse play, or rudeness towards any Coach or Staff member by children in the gym. Rude or threatening behaviour by parents/guardians toward Club Staff will result in membership being terminated without appeal. This Club has been around for a very long time and we take great pride in our good name, both within the London Region and Nationally. Our Rules, Policies and Procedures have been honed to ensure the safe and efficient running of the Club over many years, and are applicable to all members - without exception. If at any time you find yourself taking extreme exception to, or feeling unable to comply with any of these Rules, Policies and Procedures, you would be best advised to find an alternative Club for your child as we do not make any exceptions. Every child and parent or guardian is treated the same; with manners and respect. All we ask is for the same in return.

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