



FINDING CONFIDENCE GROWING CHARACTER

Skills for Life

CLUB RULES

In an effort to provide a safe and enjoyable environment for all Footscray City Gymnastics Club members we ask ALL members obey the following rules:

1. **Arrive to class on time.** This is extremely important as arriving late is disruptive to the class and late comers will miss out on part of the warm up. This is a major problem as the warm up is essential and it reduces the risk of injury through physical and mental preparation of the participants. Gymnasts arriving late by 15 minutes or more will not be allowed to participate.
2. **No jewellery is to be worn during classes.** (Stud and sleeper earrings are allowed)
3. **Hair that reaches the shoulders should be tied back**
4. **Nails are to be kept short**
5. **Appropriate clothing should be worn.** NO DENIM OR CARGO PANTS AND NO MIDRIFS (no crop tops), shoes, socks, belts etc. All level 4 and above gymnasts must wear a leotard / boys competition uniform at all training sessions.
6. **Gymnasts are encouraged to bring drink bottles to class however these must only contain WATER.** Food and chewing gum is not allowed as may lead to choking.
7. **Gymnasts are not to leave the gymnastics area once admitted by a coach.** Once gymnasts are taken into the gym by their coach they are to remain in the gymnastics area until dismissed by their coach at the conclusion of the class. Gymnasts are not to go through the gates into the front foyer or viewing room and should have no reason to do so, given all drink bottles are to be kept in the area provided and there is access to a drinking fountain and toilet within the gymnastics area.
8. **Gymnasts are not to leave their group without permission from their coach.** If you wish to go to the toilet or get a drink during the class please first ask permission from your class coach.
9. **Gymnasts must stay off the equipment unless they are supervised by a coach.**
10. **Parents / Spectators are not to enter the gymnastics area.** If any gymnast needs to communicate with their parent or any other spectator they should talk to their class coach. If any parent or spectator needs to communicate with a gymnast they should talk to someone at the front desk.
11. **Inappropriate language and behaviour will not be tolerated.** This includes swearing, teasing, bullying and all other types of inappropriate language or behaviour.
12. **Not adhering to these rules will result in the following disciplinary actions which have been taken from the Club's Behaviour Management Policy:**
 - a. The gymnast will be warned that this behaviour is unacceptable.
 - b. If this behaviour continues, the gymnast will be placed in a supervised time-out. The gymnast will then be allowed to continue to participate in the class and the coach will talk to their parent at the conclusion of the class.
 - c. If this behaviour continues further, the gymnast will be excluded from the remainder of the class.
 - d. Extreme breaches of the Club Rules, such as extreme aggression, can result in immediate exclusion from the class.

ENJOY YOUR GYMNASTICS PROGRAM!

9315 4010

Inc: A0015511H

www.fcgc.com.au

ABN: 91 718 273 99210