



FINDING CONFIDENCE GROWING CHARACTER

Skills for Life

Code of Behaviour for: Parents - Guardians

- 1) Parents should be aware of the Club Rules and should ensure that they are followed at all times. This includes:
 - **Making sure that all gymnasts arrive to class on time** which prevents the disruption caused by late-comers and ensures all gymnasts complete adequate warm-up activities thereby reducing the risk of injury through physical and mental preparation.
 - **Making sure all gymnasts are in correct attire** with shoulder length hair tied back, short nails and NO JEWELLERY. Denim, cargo pants, socks, belts etc. must not be worn. It is compulsory for all gymnasts above level 3 to be in leotards / boys uniform.
 - **Making sure gymnasts know that they 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 up to the 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.
 - **Making sure gymnasts know that they are not to leave their class without permission from their coach.** If they wish to go to the toilet or get a drink during the class they must first ask permission from their class coach.
 - **Making sure gymnasts know that they must stay off the equipment unless they are supervised by a coach.**
- 2) Parents are asked to ensure that young children go to the toilet before their class.
- 3) Parents are not to enter the gymnastics area. If you need to communicate with your child please see someone at the front desk.
- 4) The early payment rate for Gymnastics fees only applies before the start of each term. The term dates follow school terms and are listed in the Club Flyer. If you join mid-term, the weeks you missed will be subtracted from the full term fees. If there is no-one available to take fees you can place cash or cheques in the lock-box in an envelope detailing your gymnast's name and class information. Cash and cheques are not to be placed on the front desk as it is a busy area and it is likely to get misplaced.
- 5) In an effort to ensure that all gymnasts have a positive gymnastics experience, parents are asked to emphasize to gymnasts that simply participating and trying their best is the most important thing and winning medals/prizes is of secondary importance.
- 6) Parents should be aware that gymnasts are placed into levels based on ability not age. The average time it takes to complete a level and thus move up to the next level is 2 years, however many gymnasts will take 3 years to complete a level and some will take less time. It is important to emphasize this fact to the gymnasts as they often expect to move up to the next level each year.
- 7) Parents are asked to keep the viewing area tidy and to make sure that their children clean up any toys that they have used.

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- 8) Parents should be aware that other members of the club may have allergies to certain food products which may result in severe anaphylactic reactions. Whilst you may of course bring and consume food on the premises we ask that you are mindful of this and clean up after yourselves using the bins provided.
- 9) Parents are welcome and encouraged to talk to their child's class coach. Many coaches teach classes back-to-back so prior arrangements may be necessary (please speak to the customer service team at the front desk to organise).
- 10) Parents should never criticise coaches or other gymnasts especially in the viewing area. If you have concerns please arrange a time to discuss them with the head coach.
- 11) If you have any enquiries you are welcome to ring the gym but the office is not manned at all times so you may need to leave a message. Messages are checked once a day and all calls are returned as soon as possible.
- 12) You should never raise your voice or speak rudely to any member of staff.
- 13) We ask parents to encourage all gymnasts to enter competitions. Gymnasts must be entered before the competition closing date by returning the appropriate form and payment. Times for competitions are only available one week before the competition. Further information about competitions can be found in the Gymstar Competition Booklet.
- 14) When at competitions you should not criticise judges or officials as they are only human and are making decisions to the best of their ability. Similarly you should encourage good sportsmanship in your children.
- 15) You should encourage children to participate fully in classes and at competitions however you should never force them.
- 16) Parents are asked to show respect for all members of the club regardless of background, ability, race, sexuality, religion, gender, or impairment.
- 17) Parents are asked to set a good example with your behaviour, language and attitude.

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