



G Y M N A S T I C S

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Quality classes and participation for all is an important aspect of FCGC's approach to gymnastics. A fun and enjoyable class environment relies on a regularly well-run, beneficial and undisrupted program.

Class Time Gymnast Aid

FCGC reserves the right to require an aid for any gymnast they believe will benefit from a class time aid and/or ensures the safety of all participants and staff. The Operations Manager, Venue manager, Coordinator, and/or head coach will make the decision of when an aid is required to ensure all gymnasts have the opportunity to get the most out of their gymnastics classes. FCGC will discuss options with you if your child requires an aid. An aid will be required to be present for all classes the gymnast participates in including regular scheduled classes and make up classes. Where possible FCGC will provide a qualified coach as a class time aid at no cost to the participant. Gymnasts who require a class time aid can participate in Open Gym sessions without an aid but must be actively supervised by an adult for the duration of the open gym session.

Holiday Program & Special Events Gymnast Aid

FCGC reserves the right to require an aid for any gymnast they believe will benefit from an aid for Holiday program and/or special events and/or ensures the safety of all participants and staff. The Operations Manager, Venue manager, Coordinator, and/or head coach will make the decision of when an aid is required to ensure all gymnasts have the opportunity to get the most out of the program. Participants will be required to cover the cost of a qualified FCGC coach to aid the gymnast in Holiday program and special events.

The role of an FCGC Aid

FCGC class Aid will assist the participant in the program to ensure they have the opportunity to get as much out of the program as possible. The aid will help the participant to stay with the group, listen to and follow instructions and stay focused in the program. The Aid will also assist the participant to complete the activities and modify activities when necessary.

Participants with an Aid

Participants with an Aid are required (with the assistance of the Aid) to remain with the group throughout the class and follow the instructions from the coach. The class coach and the class Aid can make the following adaptations to assist gymnasts with varying needs to participate -

- Modify the activity utilising the same equipment/resources and area in the gym
- Allow the participant to do a different activity provided the activity is on the same area as allocated to the group and is safe for all the participants and coaches
- If there is more than one group for the class or program allow the participant (and the participants Aid) to join another group, even if that means repeating or skipping a rotation or activity
- Allow the participant to leave the gymnastics area with the class Aid to find a quiet area if required
- Provide an outline of class/program structure before the session to assist the participant in preparing for the session and ensure they know what to expect



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If a participant is unable to participate in a structured class or program with the assistance of an Aid and the adaptations we are able to safely provide, FCGC will offer the participant other opportunities to participate at FCGC including -

- Unstructured programs such as Open Gym and Holiday Gym Play where a parent or guardian can assist their participation and where following instructions and staying with a group is not required
- Private lessons where we can build a program specific to the requirements of the participant