



Welcome

This is a private facility built as a Centre of Excellence
for the Sport of Gymnastics
Run by Qualified British Gymnastics Coaches

Welcome to Deal Gymnastics Club. The Centre was built and equipped in 1994 and extended in 2003 by the volunteers at the club. These dedicated volunteers donate thousands of hours to run the Centre.

The aim of the club is to provide a safe, effective and user-friendly environment in which the members can participate in the sport of gymnastics under the guidance of appropriately qualified British Gymnastics Coaches. In 2005 the club achieved 'GymMark' status.



Below are the principals of how we operate the facility and policies we have put in place for a safe, effective environment. Copies of full policies are on display on the Club's main noticeboard opposite Reception and on request.

GENERAL

- We operate an open viewing policy to all parents/guardians to enable you to observe the training sessions, provided it does not contravene our Health & Safety regulations.
- Gymnasts are encouraged not to bring mobiles into the gym. The receptionist or coach will make any necessary urgent calls home.
- The club are not responsible for loss or damage to property.
- Parents/guardians are welcome to volunteer as coaches or helpers, and appropriate courses/training will be offered. Affiliation to BG and enhanced DBS will be undertaken via the club.
- All coaches are British Gymnastics qualified to the levels they are coaching.

SAFEGUARDING

- All coaches, staff and volunteers have been screened for their suitability to work with children and have undergone an enhanced DBS check.
- The club has three Welfare Officers. Any problems, i.e. personal, coaching related or financial should be directed to them in the first instance.
- The club has adopted the BG policies for Safeguarding, Equity and Code of Conduct. All officials, coaches, members and parents must adhere to these policies. A copy is displayed in the foyer and available on request.
- All gymnasts should be escorted to and from training sessions by a responsible adult. We would appreciate all gymnasts to arrive and be collected promptly.
- If a gymnast is unable to attend their session for any reason, please inform the club by telephone or in person.



HEALTH AND SAFETY

- To provide a safe and healthy training and competition environment for gymnasts, coaches and staff through assessing the risks associated with participation and controlling them to ensure they are minimised.
- The venue and equipment are regularly checked by club officials and outside agencies for Health & Safety.
- Fire procedures are carried out regularly.
- All sessions have at least one appointed First Aider.

CODE OF DRESS

- All gymnasts to wear a leotard (not dance or swimwear) Boys leotards are also available.
- Hair must be neat - if hair is long enough then please tie it back. Medium length hair to be tied back and plaited. Longer hair to be tied back, plaited and turned under to shorten its length. No large hair adornments, hard hair bobbles or plastics head bands.
- It is BG policy that jewellery and adornments worn in body piercing are deemed inappropriate for safe practice in gymnastics and trampolining. All jewellery must be removed to reduce the risk of injury to the participant, the coach and to others. Failure to conform will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance.
- No shoes to be worn into the main gym at any time.



CODE OF CONDUCT FOR PARENTS/GUARDIANS

We are fully committed to promoting safeguarding and the club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with one of the club's Welfare Officers (Mrs Sue Chard or Miss Sarah Higgins).

- Endeavour to establish good communications with the club.
- Ensure your child arrives at gym punctually (prior to the start of the session ready for a full warm up) appropriately dressed.
- Support your child's involvement and encourage them to do their best.
- Ensure all fees are paid on time.
- Keep the club informed and updated of any illness, injury, holidays and changes of contact numbers/addresses.
- Always use correct and proper language
- Do not publicly talk about the performance of another child.
- Do not compare your child to other; all gymnasts progress and develop differently and at different rates.
- Publicly accept the coaches' and officials' judgements, they are the experts.
- Only approach coaches and officials through Reception, never attempt to engage a coach or official whilst he/she is coaching or judging.
- Never punish or belittle a child for poor performance or making mistakes.
- Any concerns should be raised with the Welfare Officer(s).
- Viewing – keep a low profile whilst viewing and do not distract the gymnasts by communicating, coaching, waving, or banging on the window during their class. Read and adhere to the displayed viewing area policy
- Observe the photographic policy – contact a member of staff for guidance.
- Always collect your child promptly at the end of a session. Inform the club if you arrange for someone else to collect them.



CODE OF CONDUCT **FOR GYMNASTS**

We are fully committed to promoting safeguarding and the club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with one of the club's Welfare Officers (Mrs Sue Chard or Miss Sarah Higgins).

- Gymnasts to arrive 10 minutes prior to their session. On arrival inform your coach of any injuries or illness. Phone the gym if you are ill or going to be late.
- Gymnasts to be appropriately dress with long hair tied back. Remove all body jewellery prior to the session. Keep all nails short.
- No food or drink to be taken into the gym.
- Mobiles should be left at home. If brought into the gym they must be switched off and are the gymnasts' responsibility.
- Keep the club informed and updated of any illness, injury, holidays and changes of contact numbers/addresses.
- Gymnasts to have due respect for coaches and other gymnasts.
- Gymnasts must not verbally or physically bully another member or use any form of bad language.
- If a gymnast experiences any form of bullying, either verbal or physical, inform the Welfare Officer(s) straight away.
- Gymnasts should treat all equipment and the facility with respect.
- Gymnasts must not leave the premises until collected by a parent/guardian.



**THE FOLLOWING INFORMATION IS DISPLAYED ON THE CLUB'S MAIN
NOTICEBOARD OPPOSITE RECEPTION**

Welfare Officer, Regional Welfare Officer, ChildLine,
NSPCC contact details on Flow Chart.
Complaints Reporting Procedures
Reporting Concerns' Flowchart
British Gymnastics Registration Certificate

OTHER DOCUMENTS AVAILABLE ON REQUEST

Anti-Bullying Policy
Safeguarding Children Policy
Social Media Policy
Code of Conduct for Coaches

WELFARE OFFICERS

Mrs S Chard
or
Miss S Higgins
c/o Deal Gymnastics Club,
Victoria Park,
Mill Road,
DEAL, Kent CT14 9AH
Tel: 01304 363817

Contact can be made personally or by letter marked 'Private and Confidential'