

Tiger Roll Gymnastics Club

Club Rules

- All gymnasts must become member of British Gymnastics. This covers their insurance and is an annual fee (£20) each October.
 - All participants must have their session fees paid up-to-date in order to participate.
 - All children must arrive on time to take part in the warm-up & be collected promptly at the end of the session. If a child is more than 15mins late, he/she will not be able to take part in the session for insurance purposes.
 - Suitable clothing must be worn: shorts/leggings & t-shirt/top or leotard (with or without shorts) and bare feet. Long hair should be securely tied back, and no jewellery is to be worn.
 - Drinks (non-fizzy) should be in a plastic, sealable container, this should be brought into the gym area with them. We request that rubbish is placed in the bins provided.
 - In order to have fun and learn in a safe environment, gymnasts must listen to and obey coaches instruction at all times and treat all gymnasts and coaches with respect.
 - Parents that choose to spectate must ensure that they do not distract children/give instruction to children whilst under the care of the coach during the session. Please ensure the waiting area is kept clean and other children are remaining under the care of an adult, not running around the sports centre.
 - Parents are reminded not to enter the gymnastics training area whilst the session is in progress, as we are limited with space, and also to ensure safety of our gymnasts & coaches.
- If you need to discuss any concerns with your child's coach, please do not enter the gym area during a training session. Either wait until the end of the session or contact to a club official to pass on a message.

