

# CONEY HALL COSMONAUTS

*Affiliated to British Gymnastics and the London Gymnastics Federation*

## CLUB RULES

1. Abide by the Codes of Conduct
2. Pay all fees when they become due.
3. Advise the club if you are unable to attend a training session for a period of more than 2 weeks with the reason for non-attendance. Failure to do so will result in your place in the club being forfeited if there is a waiting list to join the club.
4. Remove all jewellery prior to your training session.
5. Wear appropriate clothing – t-shirt and jogging bottoms/shorts (recreationals) or leotard and shorts. Absolutely no jeans, belts, buckles, hooded tops. Socks or trampoline shoes must be worn. If you are wearing inappropriate clothing you will not be allowed to train. Club squad and development squad are expected to train in leotard and shorts (girls), t-shirt and shorts (boys). The decision of the coach in charge of the training session is final.
6. **ARRIVE ON TIME FOR YOUR TRAINING SESSION.** There are penalties for lateness!!
7. If you are not jumping then you must spot unless directed to do otherwise by a coach. One of your downtimes is expected to be spent on conditioning.
8. If you are jumping and your spotter wanders off you must stop jumping (and berate your spotter!).
9. No-one is to go underneath the trampolines.
10. No-one is to attempt any new skills without consulting a coach AND the coach being present.
11. The coach must be present when practising newly learned skills.
12. Always jump within your ability.
13. Do not get on the trampoline without first getting permission and ensuring you have a spotter.
14. If you need to leave the gym (eg to go to the toilet) then you must inform the coach and put your shoes on before you leave the gym. Return to the gym immediately.
15. No fooling around on or around the trampolines.
16. Do not get involved in tests of daring on or around the trampolines
17. No food or drink on or around the trampolines other than a bottle of water which must be kept away from all equipment.
18. Mobile phones are not permitted in any training sessions.
19. Inform the club of any changes to your personal details.
20. All squad and development squad members are expected to be available for all competitions. Dates will be advised annually in advance.
21. All members must bring their training diary to every training session.
22. Parents of under 8's are expected to remain for the duration of the training session.
23. Parents should drop their children directly to the training hall and collect from the training hall. If you wish your child to leave without an adult collecting them you must make this know to the coach at every training session this applies to otherwise we will not allow children to leave the training hall. Parents must arrive on time to collect their children!