



Rules and Regulations

at The Vault

(v3 August 2023)



Affiliated with
Southern Region & Oxfordshire
Gymnastics Gymnastics



Fun Active
Modern Inclusive
Life-developing You



Carterton Gymnastic Club CIC
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Most important rules for Members

- always listen to your coach and act on their instruction at all times.
- do not use the apparatus until your coach tells you to.
- no running around in the gym unless advised by your coach.
- no participant in the gym without a coach supervising.
- visit the toilet before you arrive at the Vault.
- be kind and respectful to everyone.
- most important - enjoy!

Most important rules for Parents/Guardian

- you **MUST** register a payment card in your ICP account and tick for recurring payments
- ensure your child arrives on time.
- parents should not enter the gym halls unless specifically requested to by the coach.
- do not bring your child to the Vault if they are unwell.
- ensure you are there to pick up on time.
- be supportive and encourage your child to learn the rules and follow them.
- no chewing gum
- children must wear shoes whilst they are in the cafe area.

Dress code

- outdoor shoes are **NOT** allowed to be worn in either gym hall.
- please have clean hands and feet so we can keep the apparatus clean.
- suitable clothing to be worn for the activity you are participating in. Club uniform purchased through Carterton Gymnastic Club CIC, is to be worn for all recreational and squad sessions/classes.
- no jewelry to be worn in either gym hall. Exception is wedding bands/religious bands but these **HAVE** to be taped up so not to cause an injury to anyone or damage the equipment.
- earrings are not permitted. However, if the gymnast has just had the ears pierced, please tape them up until they are healed **THEN THE EARRING MUST BE TAKEN OUT.**

- hair must be tied away from the face at all times and must not reach the eyes when tied back. Hard plastic hair accessories and glitter are not allowed.
- Socks to be worn by parents and gymnasts in Tumblers, Parties and Bunny Hops classes

Prior to the Class

- please arrive 5-10 minutes early for your class. Participants under 11 need to be escorted into the reception area by an adult.
- please make sure you have gone to the bathroom BEFORE the class has started.
- no participants are allowed in the gym halls without supervision by a coach. Participants must wait in the reception area until a coach escorts them into the gym hall for their class.
- all parents/siblings/guardians should remain in the Beam Cafe or reception area and not enter the gym halls.
- do not block any of the doors to the gym halls for safety reasons.
- do not bring any valuables to the Vault. Carterton Gymnastic Club CIC does not take responsibility for any belongings.
- you will not be allowed to attend classes if you do not follow our policies.
- the account needs to be settled before the start of the first class.
- for gymnastics you need to have taken out BG insurance before the 2nd class
- try not to be late. It disrupts the class. If you know this will be a regular occurrence (late coming out of school) you will need to inform the coach so we can manage the situation.
- you must inform us of any absence prior to your scheduled session. Please record your absence on your IClassPro Account or email cartertongymnastics@outlook.com

During the Class

- to respect all members and staff within the Vault.
- no food or drink are allowed in the gym halls. Only water within a water bottle can be taken into either gym hall.
- chewing gum is NOT permitted in the Vault, this includes the gyms, cafe and reception areas.
- do not use any equipment unless a coach is supervising and instructing you to.

- no running around or playing when not instructed by your coach.
- if a participant needs to use the toilets during class, they should notify their coach. No gymnast can just leave the gym without permission from the coach.
- the coach responsible for the session will deal with any behavior contrary to the interest of other class members. Failure to comply with the coaches instructions may result in dismissal from the class and being referred to the Managing Director. A refund will NOT be given.
- Carterton Gymnastic Club CIC does not tolerate any form of abuse, bullying or disrespect to its staff or participants. You will be asked to leave the Vault.

After the Class

- please leave the area clean and tidy as you found it - in the gyms, cafe, reception and toilets.
- children under eleven years of age will need to be collected from the Vault, unless written permission has been given. We need to ensure (for child protection) that under 11's do not leave the building without their responsible adult.

Communication

- you will be notified via email, text or social media if there are any emergency closures.
- any areas of concern should be raised with the Managing Director or Welfare Officer, contact details are on our website.

Squad Selection

- any squad selection is at the complete discretion of the Managing Director.
- poor attendance could lose your place in the Squad.
- lack of performance and achievement could lose your place in the Squad.
- the performance and achievement will be constantly monitored. You could be moved to another squad or class. The Managing Director's decision is final.
- selection of Squads will be determined by the Managing Director. If you are selected for a Squad, you will not be allowed to train with another Club unless you have the permission of the Managing Director.