



Bloemfontein

Gimnastiek Klub

Gymnastics Club

Skougronde / Showgrounds
Die Ark Saal / The Arc Hall

admin@bloemgim.co.za

Lynelle: 082 649 9704

Christine: 082 667 6702

Rules and regulations

- **TRAINING FEES:** Payable in advance for each quarter. Payments should be done before the 7th day of the first month of the quarter. Members may also make payments in advance through monthly instalments. Negligence to pay in this way, the amount due will be claimable and the guardian will be held responsible for any legal fees deriving from such a case. Members can and will be excluded from competitions and/or practice sessions if their fees are still due on the return date. Fees are payable for the quarters in the financial year as follows: January till March, April till June, July till September, October till December. Class fees are payable for a place in the class and not towards a specific coach.
- **REGISTRATION:** Fees for registration are due annually as prescribed by GSA. Registration does not automatically qualify the gymnast for participation in competitions and is non-refundable. Enrolment forms should be filled out completely, before the gymnast will be allowed to train continuously.
- **COMPETITION FEES:** All competition entry fees must be paid before the relevant event's closing date. Any entry fees for events are also non-refundable.
- **TERMINATION OF GYMNASTICS CLASSES:** Written notice is compulsory a quarter in advance. If not, the guardian will be held responsible for fees until such notice is received.
- **SPECTATORS:** No interference, negative comments and spectators on the practice area will be tolerated. Spectators are responsible for keeping toddlers in the spectator area.
- **HALL/SHOWGROUNDS:** Parents, gymnasts and visitors are restricted to visiting the gymnastics hall only and are not allowed to wander around on the rest of the showgrounds. No parking in the roads of the Showgrounds – Bloemfontein Gymnastics Club has its own allocated parking.
- **OWN RISK:** All participation is at own risk. Bloemfontein Gymnastics Club and/or their coaches will not accept any responsibility or claim for injuries obtained during practice. No gymnast is allowed to leave the hall during his/her training session without permission from a coach.
- **PRACTICE:** Gymnasts should attend practice regularly and on their prescribed times, for their own benefit and to ensure organised sessions. If a gymnast continuously disrupts the class, he/she will be asked to sit with the spectators, while the guardian will be contacted. No gymnast will be allowed on the equipment outside of their training session. Guardians should please notify management of their child's absence.
- **MEDICATIONS:** Any allergies should be clearly stated on the registration form. Any extra medication can be given to management. Higher-level gymnasts are responsible for their own strapping plasters and painkillers.
- **DRESS FOR PRACTICE:** No denim, unsuitable/loose clothing or jewellery allowed. Long hair must be tied down neatly.
- **DRESS FOR EVENTS:** The prescribed leotard and tracksuit must be worn during competitions.
- **NEATNESS OF THE HALL:** Gymnasts and spectators will be held responsible for keeping the hall tidy. Gymnasts should bring a sports bag to store their personal items in. No responsibility for lost or stolen items will be accepted by the personnel or club.
- **FOOD & DRINKS:** No food or drinks will be allowed on the training area. Chewing gum in the gymnastics hall is prohibited at all times!
- **GYMNASTICS SA:** All gymnasts and guardians should adhere to all the rules and regulations associated with the sport and set out by the FIG/GSA and their affiliates. No guardian is allowed to contact the GSA directly – all members must follow the GSA communications protocol, which is: Member: Club: District: Province: GSA: FIG.



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Code of Conduct

Bloemfontein Gymnastics Club promotes good ethical conduct for all who are associated with the club and realizes that the reputation and growth of the club depend upon a mutual partnership between coaches, officials, parents and volunteers. The conduct and behaviour of our gymnasts are critical to their ongoing individual development and the development of our club as a whole.

Parents and Guardians should:

- a. Encourage your child to learn the rules and participate within them. Discourage inappropriate behaviour, including disrespectful behaviour toward coaches and officials.
- b. Help your child to recognise good performance and not just results by setting a good example through recognising good sportsmanship and applauding the good performances of all. Never punish or belittle a child for poor performance or making mistakes.
- c. Support your child's involvement in Gymnastics and help them to enjoy their sport while recognising the importance of perseverance during tough training phases.
- d. Encourage and guide your child to accept responsibility for their own performance and behaviour.
- e. Endeavour to establish good open communications with the club, coaches and officials for the benefit of all. Share any concerns or complaints about any aspect of the club through the approved channels.
- f. Develop an appropriate working relationship with coaches and officials based on mutual trust and respect. Publicly accept coaches and officials' judgements and show respect for their area of expertise.
- g. When seeking to discuss your child's progress, or raise a concern, please allow your coach to do so at a mutually agreed time and respect their working times. Personal social media channels should not be used to contact your coach for progress updates or to raise concerns.
- h. Act in a respectful manner and use correct and proper language at all times within both training and competition environments.
- i. Ensure your child has dressed appropriately for the sport and has plenty of water to drink.
- j. Ensure your child arrives at training and competitions on time and where appropriate keep the club informed if your child is ill or unable to attend sessions.
- k. Collect your child promptly at the end of each session.
- l. Ensure payments for fees, competitions and other costs are paid to the club promptly.
- m. Inform the club of any changes in contact details, especially emergency contact information or changes to medical information.
- n. If you are able, become involved in the club as a volunteer as your assistance would be appreciatively received.

Gymnasts must:

- a. Participate within the rules and respect the coaches, officials and their decisions.
- b. Show respect and dignity to all fellow club members and opponents.
- c. Arrive at the agreed times for training and competitions and inform their coach if they are going to be late.
- d. Wear suitable attire for training, competitions and events as agreed with the Coach. Long hair should be tied back and all jewellery must be removed.
- e. Treat all training environments and equipment with respect and tidy away all hand equipment after their use.
- f. Ensure that Mobile phones and other electronic equipment should be switched off or turned on silent during training.
- g. Not leave the training area without the consent of their coach and must remain in the hall at the end of sessions until collected by their parent or guardian.
- h. Abide by the SAIDS (South African Institute for Drug-Free Sport) anti-doping regulations, the clauses of the World Anti-doping Code and its international Standards