



Rushmoor Gymnastics Academy

Welcome
Brochure

Rushmoor Gymnastics Academy

Pool Road, Aldershot,
Hampshire
GU11 3SN

01252 320888

www.rushgym.co.uk



@rushmoorgymnastics

Welcome To The Rushmoor Gymnastics Academy

We are happy that you have chosen to join our family run club and are sure that you will be happy with the service we provide.

Firstly we want to make sure that you have everything you need to know before your first class. Please read this brochure and complete the required forms. We are available if you have any further questions.

Club Managers: Colin and Bernie Wright

Website: www.rushgym.co.uk

Phone number: 01252 320888

CODE OF CONDUCT For Parents / Guardians

Encourage your child to learn the rules and participate within them.

Discourage challenging / arguing with officials.

Publicly accept officials' judgements.

Help your child to recognise good performance, not just results.

Set a good example by recognising good sportsmanship and applauding the good performances of all.

Never force your child to take part in sport.

Always ensure your child is dressed appropriately for the activity and has plenty to drink.

Keep the club informed if your child is ill or unable to attend sessions.

Parents of Squad Gymnasts are requested to check their holidays and other absences with the Coaches.



Code of Conduct for Participants

Squad Gymnasts are expected to take part in holiday training sessions and Summer and Easter Camps.

Endeavour to establish good 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.

Use correct and proper language at all times.

Never punish or belittle a child for poor performance or making mistakes. Always collect your child promptly at the end of a session.

Support your child's involvement and help them to enjoy their sport.

Ensure that you observe Fire Regulations at all times by keeping access to Emergency Exits clear and free from obstruction.



We are fully committed to safeguarding and promoting the well-being of all our members. 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 Bernie Wright, Claire Wright or Janet Alp our nominated Welfare Officers.

As a member of The Rushmoor
Gymnastics Academy you are expected
to abide by the following club rules:

All members must participate within the rules and respect coaches, judges and their decisions.

All members must respect opponents and fellow club members.

Members should keep to agreed timings for training and competitions or inform their coach, or if they are going to be late.

Squad Gymnasts and Parents are requested to check their holidays and other absences with the Coaches.

Members must wear suitable attire for training and events as agreed with the coach. Keep all long hair tied back.

Remove all body jewellery.

Members must pay any fees for training or events promptly.

Squad Gymnasts must take part in holiday training sessions and Summer and Easter Camps.

Squad Gymnasts must complete their Training Programmes under the guidance of their Coaches.

Members must not smoke, consume alcohol or take drugs of any kind whilst representing the club at competitions or other events.

Members should treat all equipment with respect.

Members must inform the head coach of any injuries or illness they may have before the warm-up begins.

Members should not eat or chew gum during a session. Members must not use bad language. Do thank the Coaches at the end of the session.

Members should remain within the building at the end of a session until collected by their parent or guardian.

Anti-bullying Policy

The club will:

Recognise its duty of care and responsibility to safeguard all participants from harm.

Seek to ensure bullying behaviour is not accepted or condoned.

Take action or respond to any alleged incidents of bullying.

Ensure that coaches are given access to information, guidance and/or training on bullying.

Each participant, coach, volunteer or official will:

Respect every child's need for, and rights to a play environment where safety, security, praise and recognition and opportunity for taking responsibility are available.

Respect the feelings and views of others.

Recognise that everyone is important and our differences make each of us special and should be valued.



Show appreciation of others by acknowledging individual qualities, contributions and progress.

Be committed to the early identification of bullying, and promote and collective action to deal with it.

Report incidents of bullying they see, in a timely fashion; - by doing nothing you are condoning bullying.

Yours faithfully,

Bernie Wright.

If you have not already registered please register online at www.rushgym.co.uk

