Welcome Information

RGC GYMNASTICS
Units 7 & 8, Elliot Road
Selly Oak
Birmingham
B29 6LR

Office - 0121 472 5559
revolutiongymnastics@outlook.com
www.revolutiongymclub.co.uk

GYMMARK ACCREDITATION

British Gymnastics has approved Revolution as a Safe, Effective, Child Friendly Club and previously nominated us as a candidate for the prestigious 'Club of the Year Award'.

STAFF

All coaches and helpers have completed a DBS (criminal records check), have attended training for safeguarding children and hold BG Membership insurance along with relevant coaching qualifications to enable a safe friendly environment.

JOINING FEES/ INSURANCE:

This **DOES NOT** apply to drop in sessions!

All members must pay an annual fee: Sept – Sept. Check the club website or enquire at reception for the current cost.
Depending on your/ your child's level of participation, the club will advise which British Gymnastics membership to purchase.

TRAINING FEES

The more hours of training you pay for, the more the hourly rate decreases in price! Many of our members train more than once per week. Check out 'Prices/ Fees' on our website. Monthly fees will be reviewed every September and adjusted accordingly.

CENTRE CLOSURES

Fees are calculated based on 47 weeks of the year, split across 12 monthly instalments. See website for closure dates.

All classes are billed monthly on 1st using our iClassPro system

iClassPro check-list…

- ✓ *Create an online account and add your gymnasts as students.*
- ✓ *Register a working debit/ credit card online.*
- ✓ *Add your email address. Consent to 'email campaign' so that we can contact you with important updates.*
- ✓ *Fully understand & respond to all policies on your online account.*
- ✓ *Understand that if payments fail to process due to insufficient funds that an administration fee will be applied.*
- ✓ *Understand that you must update any expired card details, contact information and medical information on your online account.*

ATTENDANCE / LATENESS

We allow gymnasts 5 minutes leeway at the start of classes in case of unexpected delays, the door to their class will be left open throughout this time. **After this time, the door will be closed, and your gymnast will not be able to gain entry to that session.** At the start of the session, all participants will be taking part in a physical and psychological warm up; this is vital for the safety of all gymnasts and must be undertaken prior to participating in the session fully. Not taking part in the warm up invalidates the gymnast's insurance. We understand that if this happens to you, it is not the ideal situation but please respect the rules and treat all members of staff with respect. Please try to arrive to sessions early where possible to allow enough time for traffic, parking and changing of clothes prior to the start of the session.

ENTRY AND EXIT DOORS

Access to our reception and café area can be gained through our main entrance at the front of the building (a grey door between door 1 and 2). All of our classes have different entry and exit doors to keep the classes flowing more easily, these are labelled on the parking diagram. Please refer to the table to see which door you should use for your class- for recreational gymnastics, your collection door will be allocated prior to the first session and then remain the same each week. For squads, please ask your child's coach for clarification.

Class:	Weekday Preschool and Home Education	Saturday Preschool	Recreational Gymnastics	Recreational Trampolining	Recreational Tumbling (Mon/Wed)	Recreational Tumbling (Sat)
Entry Door:	Café	Café	Café	Door 1	Door 1	Door 6
Exit Door:	Café	Door 2	Door 2 or 3	Door 1	Door 1	Door 6

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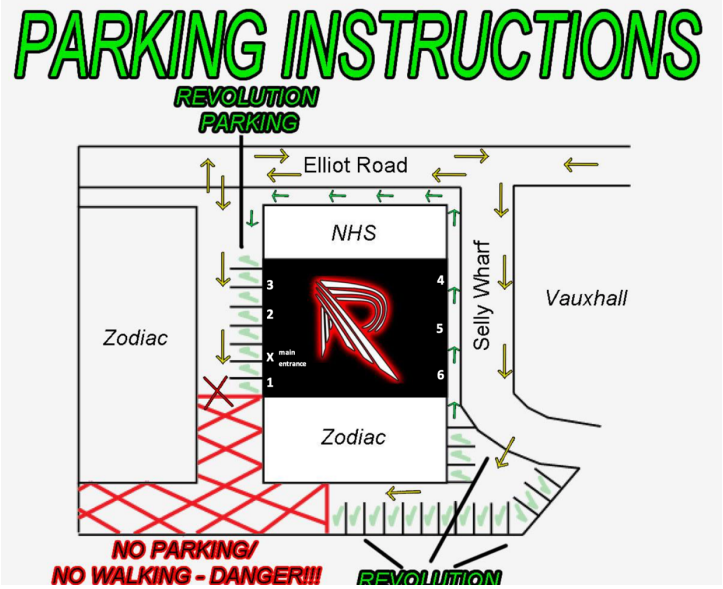

PARKING

Parking can sometimes be found at the front of our unit, however you will be better off finding parking in our rear car park which can be accessed using the road directly behind our unit (Selly Wharf) or finding street parking. Please DO NOT park on the other units (unless it's after 5.15pm or on weekends) and please DO NOT double-park at the front of our unit.

DRESS CODE

PLEASE NOTE – As a participating parent in a session, dress code applies for the safety of your child and yourself.

- All participants **must wear** shorts or tracksuit bottoms and a t-shirt, however, if your child does have a leotard they are more than welcome to wear it but it is not a compulsory. For Intermediate+ leotards/ unitards must be worn for safety and to aid the quality of coaching.
- Socks must be worn for trampoline sessions.

If participants attend wearing inappropriate clothing i.e. Jeans, combat trousers, dress shirts, clips, buckles etc; or no socks for trampolining - entry to the session will be refused.

- No outdoor footwear is to be worn into the gym bare feet are required, socks for parents in Pre School sessions. If a participant has any long-term medical conditions regarding their feet, gym shoes must be worn *(even if verruca's are being treated).*
- Please ensure long hair *(longer than chin)* is **always** tied back as this is a safety issue and entry will be refused if hair is not tied back upon request, including male members.
- Please ensure all jewellery is taken off before the start of the lesson, if coaches see participants wearing jewellery they will ask for it to be removed and either given back to parents or left in the gymnasium to be collected at the end of the lesson. Jewellery that is left in the gymnasium is left at the owners risk and is not the responsibility of the coaches or Revolution Gymnastics Club.

AIMS / OBJECTIVES

- To provide safe, enjoyable and progressive gymnastics experiences to all ages and levels of ability whilst providing opportunities for recreation and competition.
- To promote the club within the local community and Gymnastics.
- To provide high quality duty of care to all members of the club.
- To ensure that all current and future members receive fair and equal treatment

All other relevant policies, procedures can be found on the website (www.revolutiongymclub.co.uk) or on our noticeboards.

We look forward to having you as part of the team!

REVOLUTION GYMNASTICS CLUB