• **BG Registration/Membership and Fee Payment 2019-20**

Please click on the Registration Button on the classes page of the club website to register or renew your BG Membership and Insurance package: [www.elevategym.uk/classes](http://www.elevategym.uk/classes)

Insurance term runs Sept-Sept. Gymnasts are not permitted to take part in gymnastics sessions without appropriate membership.

• **Attire**

Comfortable and sensible sports clothing: t-shirts or vests, shorts or leggings, leotards are all acceptable. Club hoodies and T-shirts are available from the Dunbar T-Shirt shop: [dunbartshirt.com](http://dunbartshirt.com)

Leotards/Shorts/Scrunchies can be ordered from our Kit officer, Lisa: [elevatekit@outlook.com](mailto:elevatekit@outlook.com)

Bare feet (shoes/socks can be left at the side of the room). Strictly NO jewellery. Children will be asked to remove items such as earrings/watches etc. If ears have been recently pierced and you cannot remove the earrings, then they MUST be taped up with medical tape or a plaster. **Long hair must always be tied back away from the face.**

• **Behaviour/Protocol**

  a. **Gymnasts:**

    1. Please sit in line ready for the register to be taken (do not play/climb on equipment).
    2. Always be respectful towards yourself, your peers and your coach.
    3. Listen carefully.
    4. Do not climb/jump/bounce on equipment when you have not been instructed to by your coach.
    5. Please do not walk over any of the equipment or matting with shoes on.
    6. Try your best and of course HAVE FUN.

  a. **Parents/Carers:**

    1. It is preferred that you do not sit in the hall during lessons UNLESS you are on parent duty or our child is needing support with settling in.
    2. Your coach will be happy to discuss anything URGENT with you during class time – otherwise, please drop us an email with queries and we will get back to you ASAP.
    3. Please do not walk over any of the equipment or matting with shoes on.
    4. Please do not give your child coaching tips or take photographs during class.
    5. Please do not drop your child off more than 5 minutes before their session is scheduled to begin.

• **Food/Drink/Toilet**

  1. Children should bring a water bottle and will have opportunities to drink on specified breaks.
  2. Snacks are not necessary.
  3. Strictly NO fizzy drinks are to be consumed during class.
  4. NO chewing gum.
  5. Children should politely ask if they need a toilet break and will be allowed to go. However, it is helpful if you ensure that younger children have gone to the toilet prior to class.