

NVRGC - A Guide for Gymnasts

NVRGC believes it is important that everyone associated with the club should show respect and understanding for the safety and welfare of others at all times.

As a member of Nene Valley Rhythmic Gymnastics Club you are expected to abide by the following club rules:

Dress

- Club leotard, tracksuit, socks and trainers to be worn for training & events.
- Hair must be fixed in a bun. Ponytails can be dangerous and are not allowed.
- Jeans or loose, baggy clothing is not appropriate and must not be worn for training.
- Heelies, ugg, flip flops, Doc Martens and crocs are not appropriate for the gym
- No jewellery is permitted. Friendship bracelets are not permitted.
- Earrings must be removed or covered with tape.

What to bring/What to leave behind

- Members should provide their own apparatus and bring it to every session.
- Do not bring valuables to training sessions - NVRGC accepts no responsibility for any losses.
- Members must not eat or chew gum during a session and must not bring fizzy drinks.
- Please bring a bottle of water to each session

Rules

- Members are expected to behave in a polite and controlled manner at all times.
- Be supportive of fellow members both in training and in competition.
- Members must participate within the rules and respect coaches, judges and their decisions.
- Members must inform their coach of any injuries or illness before the warm-up begins.
- Stay with coaches in the gym at the end of a session until collected by your parent or guardian.

Members are encouraged to share any concerns or complaints that they may have about any aspect of the club with the club's welfare team Sarah Campbell and Sharon Stanton