



Monkton Gymnastics Club



Gymnasts Agreement policy

Gymnasts at Monkton Gymnastics Club should show respect for the environment, equipment and other participants whilst following instructions given to them from coaches or other officials.

Gymnasts training at Monkton Gymnastics Club should arrive on time for training and inform the management if they are going to be late or absent.

Gymnasts **MUST** inform the coaches before training commences if they are injured or unwell.

For recreational training sessions at Monkton Gymnastics Club:

- All jewellery must be removed before training.
- No food to be taken into the gym at any time.
- No shoes to be worn on the gym floors, equipment, or track.
- All gymnasts' hair to be tied back for safety during training.

For Competition squad training sessions at Monkton Gymnastics Club:

- Gymnasts must attend all sessions being provided.
- All jewellery must be removed before training.
- No food to be taken into the gym at any time.
- No shoes to be worn on the gym floors, equipment, or track.
- All gymnasts' hair to be tied back for safety during training (IE Bun)
- All gymnasts to wear a leotard for training (shorts/T-shirt for boys).
- Please Consider unnecessary time off.
- Gymnasts can only train at MGC and no other gymnastics centre/club, even if it's a different discipline. (Due to conflict of interest and different training techniques)

Monkton Gymnastics Club runs a **ZERO** tolerance policy on bullying or inappropriate language or behaviour. Any incidents will be investigated and may result in you being asked to leave Monkton Gymnastics Club.

Many Thanks Monkton Gymnastics Club