

## **LSA General Agreement**

**1.1** All LSA members, parents, and staff must comply with the club's rules and those of the venues where our training sessions take place.

**1.2** LSA has a zero-tolerance policy for abuse, bullying, or threats toward coaches, gymnasts or club staff. Disrespect, insults, unreasonable demands, discrimination of any kind (e.g., based on race, nationality, sexual orientation), and physical or psychological abuse are strictly prohibited. Violations by gymnasts or parents may result in immediate termination of membership. The club upholds a strict anti-discrimination policy: all members are treated equally.

## **2. Parents' Code of Conduct**

**2.1** Parents/guardians must ensure that the information provided on the registration form is accurate and up-to-date. Any changes to medical conditions or contact details must be communicated to LSA in writing.

**2.2** Parents must disclose any special medical conditions their child has at the time of registration.

**2.3** Parents are responsible for the safety and supervision of their child before and after classes, including in the changing rooms, toilets, and waiting areas.

**2.4** Parents must bring their child to training on time. Warm-ups are a critical part of training, and missing this section may increase the risk of injury.

**2.5** Parents are responsible for their child's personal belongings. LSA coaches and staff are not liable for any lost, stolen, or damaged items.

**2.6** Parents must respect the decisions of the club's coaches and administrators and avoid arguments or conflicts.

**2.7** Parents are prohibited from using the personal phone numbers or personal social media of coaches for communication.

**2.8** Complaints regarding club services should be directed to the club administrator.

**2.9** Parents are responsible for explaining the "Gymnast's Code of Conduct" to their child and ensuring their understanding.

**2.10** Parents should support and encourage their child's efforts, valuing progress and improvement over results.

**2.11** All gymnasts must have the club uniform and their own rhythmic gymnastics equipment. (Uniforms, equipment, and other items can be ordered through the club administrator.)

**2.12** Children under 13 must be supervised by an adult before and after each session.

**2.13** Children under 5 may experience distress in unfamiliar environments. Therefore, parents of new gymnasts under 5 years old are kindly asked to remain in the waiting area for the first 3–4 sessions.

**2.14** Parents are not allowed in the training area during sessions. Children progress better without distractions, and communicating with them during training can be dangerous.

**2.15** Parents should ensure their child has had water and used the toilet before training to minimise disruptions.

**2.16** Parents must collect their children promptly at the end of the session or notify the club administrator in case of delays.

**2.17** Parents must inform the club in advance if their child will miss a session.

**2.18** Parents may not approach the coach with questions during training hours. Please contact the club administrator to schedule a time to discuss your concerns with the coach if needed.

### **3. Gymnast's Code of Conduct**

**3.1** All gymnasts must bring a water bottle to training. Fizzy drinks, food, and chewing gum are prohibited in the gym.

**3.2** Long hair must be neatly tied back, and no jewellery is allowed. Earrings must be removed or covered with tape or a plaster.

**3.3** Gymnasts must follow the coaches' instructions and behave appropriately with respect and discipline.

**3.4** Respect toward coaches, judges, and all club members is mandatory.

**3.5** Gymnasts must represent the club professionally and respectfully during competitions and events.

**3.6** Any injuries or illnesses must be reported to the coach before or during the session.

**3.7** Children under 13 cannot leave the premises unaccompanied. If your child under 18 is permitted to travel home alone, you must provide written consent to the administrator.

#### **4. Membership, Fees, and Attendance**

**4.1** Gymnasts cannot participate in training without valid British Gymnastics membership. Registration must be completed at [www.british-gymnastics.org/memberships](http://www.british-gymnastics.org/memberships).

**4.2** All members must pay an annual club membership fee and deposit, which varies by branch.

**4.3** Missed sessions are non-refundable. To terminate membership, one month's notice is required, during which the deposit will cover fees for the final month. Deposits are non-refundable if the required notice is not given.

**4.4** Monthly fees are fixed and must be paid before the start of the month, regardless of the number of training weeks. Late payments incur a £20 penalty.

**4.5** Trial session fees are non-refundable in case of absence.

**4.6** Discounts are available only to new members joining mid-month. Refunds are granted solely for absences exceeding two weeks due to medical reasons, with a doctor's note.

#### **5. Competition Policy**

**5.1** Gymnasts and parents must respect all participants, including those from other clubs and teams, during competitions.

**5.2** Parents are not permitted to approach judges during competitions or discuss scores.

**5.3** Parents may not request coaches to approach judges regarding their child's scores.

**5.4** Parents must refrain from discussing training processes, coaches, judges, or scores with other parents or members of other clubs.

#### **6. Competition Structure and Information**

**6.1** A voting poll will be conducted to gain parental permission for the gymnast to participate in the competition.

**6.2** Competition details, including dates, locations, and times, will be shared in the club's official group.

**6.3** This information will not be communicated individually to parents.

**6.4** Competition fees must be paid and are non-refundable once the gymnast is registered.

**6.5** Personal information about participants from other clubs will not be shared.

**6.6** Parents wishing to contact competition organisers (e.g. regarding participation issues, refunds, gymnast injuries) must first receive club approval to access organiser contact information.

## **7. Deadlines and Payments**

**7.1** Registration and payment deadlines will be communicated through the club.

**7.2** Parents are responsible for adhering to these deadlines.

**7.3** Gymnasts are not permitted/advised to withdraw from a competitions after the registration deadline has passed.

**7.4** If a withdrawal occurs, the participation fee remains payable as it is non-refundable.

**7.5** If a gymnast is registered but decides not to participate, and the entry fee has not been paid, the amount:

- Will be deducted from the gymnast's deposit, and
- Will be added to the following month's training fees.

## **8. Equipment and Attire**

**8.1** Gymnasts at Level 3 and above must consult their coach before purchasing leotards, apparatus, or equipment for competitions.

**8.2** All leotards, apparatus, and equipment must comply with British Gymnastics Federation standards and receive club approval.

**8.3** Non-compliant leotards, apparatus or equipment will not be permitted for use in competitions.

## **9. Gymnast Levels**

**9.1** Levels 0–2 are determined by the coach and confirmed by the club's head coach.

**9.2** Levels 3–4 are determined by regional standards.

**9.3** Level 5 is determined by national standards.

## **10. Gymnasts at Levels 0–2**

**10.1** Participation in competitions is possible only by invitation from the coach and with approval from the head coach.

**10.2** The club reserves the right to deny a gymnast's participation if the coach deems them unprepared physically or psychologically.

## **11. Gymnasts at Level 3**

**11.1** Competition participation is determined and regulated by the coach.

**11.2** Coaches select suitable competitions based on official plans from the London and British Gymnastics Federations.

## **12. Gymnasts at Level 4+**

**12.1** Participation in all scheduled competitions and events organised by the London and British Gymnastics Federations is mandatory.