



## LONDON SPORT ACADEMY ® PARENTS CONTRACT

### 1. General Agreement

- 1.1. All LSA members, parents and staff must adhere to the specific rules of the venues we run classes in.
- 1.2. All gymnasts need to have a Club Uniform and their own Rhythmic Gymnastics equipment. (Uniform, equipment, and other merchandise can be ordered via our Club Administrator)
- 1.3. All gymnasts need to bring a water bottle to training. No fizzy drinks, food or chewing gum is allowed in the gym.
- 1.4. All long hair must be tied up neatly and no jewellery is allowed. Anyone wearing earrings will be asked to remove them or cover them with tape or a plaster.
- 1.5. Kids under 13 years of age must be accompanied by adult before and after each session.
- 1.6. Children under 5 may feel distressed in unfamiliar place, so we kindly ask the Under 5 new joiners' parents not to leave the premises during the first 3-4 sessions.
- 1.7. Parents are not allowed to come inside of training area during any classes. Children progress better if parents do not distract them. It's dangerous to communicate with your child whilst training.
- 1.8. Parents need to ensure that the child has had a drink and been to the toilet before the session starts to minimise disruption.
- 1.9. Parents need to arrive on time to collect their kids or to let LSA know in case of lateness.
- 1.10. Parents should inform us in advance if the child will not be attending a session.
- 1.11. As the training sessions run one-by-one the coaches do not have an opportunity to answer parents' enquiries. If you have any questions, please, contact our administrator and your concern will be addressed.
- 1.12. LSA will not tolerate any abuse, bullying or threatening to our coaches and any LSA staff. Rudeness, insults, unreasonable demands, unreasonable persistence, managing unacceptable actions, discrimination on any grounds (skin colour, nationality, sexual orientation), physical and mental abuse are prohibited and their use by any gymnast or parent, especially in front of the children, could result in termination of membership.

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

- 2.1. Parents/Guardians warrant that the information provided on the Registration Form is accurate and up to date. It is the Parents/Guardians' responsibility to ensure that they update LSA in writing of any change in medical conditions or contact details.
- 2.2. It is the Parents/Guardians' responsibility to inform LSA of any special medical conditions at the point of joining.
- 2.3. Parents/Guardians agree to accept the sole responsibility for their child immediately before and after the end of the class. It is the Parent/Guardian's responsibility to ensure their child's safety while in the changing rooms, toilets, reception and waiting areas as well as the safe entry of their child to the Sports hall and vice versa.
- 2.4. Parents/Guardians are responsible for bringing their child on time for the class. Warm up is essential part of the training and the child's potential absence from the first part of the lesson could result in injuries.
- 2.5. Parents/Guardians take full responsibility for their children's personal belongings such as clothes, shoes, and bags. Coaches and officials of LSA are not held responsible for any damaged, lost, or stolen items in the Sports hall or the facility.
- 2.6. Parents/Guardians are advised to accept official judgments regarding their child's behaviour and development. LSA strongly discourages challenging and arguing with club coaches and officials.
- 2.7. Parents/Guardians should not use personal phone numbers of coaches and staff.
- 2.8. LSA follows strict anti-discriminatory policies. Everyone in the club will receive equal treatment.
- 2.9. If you have cause to complain about our service, please turn to the club's Administrator.
- 2.10. It is the Parents' responsibility to make sure the child is familiarised with Gymnast's Code of Conduct.
- 2.11. Parents must ensure their child arrives on time for their session.
- 2.12. Parents must deliver their child into the gym to ensure their child's coach is present and collect them from the gym to ensure they are safely returned to a responsible adult at the end of a training session.
- 2.13. Parents must ensure their child is appropriately dressed for gymnastics and has a water bottle, hair tied up, no jewellery etc.
- 2.14. Parents must ensure their child understands that they must follow the instructions of the coaching staff at all times.
- 2.15. Parents must inform the Administrator/coach of any condition their child may have that may affect their participation in the session.
- 2.16. Parents must ensure all necessary paperwork is complete, training and competition fees are paid on time or discuss any problems confidentially with the club treasurer.

- 2.17. Parents must encourage their child to value their own performance and not just the result. Winning is not within their control, their own effort is!
- 2.18. Parents must appreciate and respect the efforts of the coaches and club officials in the development of their children and understand that success in gymnastics takes many, many years of hard work and dedication.
- 2.19. Parents should support the efforts of the coaches and committee members and assist where possible by lending your help and expertise to further the objects of the Club.
- 2.20. For the safety and welfare of all Club members Parents should share and report any concerns they may have to the Administrator or Welfare Officer.
- 2.21. Parents must recognise their child's efforts, improvement and successes in every form and encourage them to understand that although trying to win is important, that it shouldn't be all and end all!
- 2.22. Parents are not allowed to discuss staff, coaches, gymnasts, and club policies on any electronic media including mobile phones and social networking sites.
- 2.23. Parents cannot interfere with the training process and tell the coach how to carry out his coaching work.
- 2.24. Parent must teach their child to respect all coaches, staff and other gymnasts.

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

- 3.1. Gymnasts should follow carefully all the instructions given by coaches and behave in appropriate manner.
- 3.2. Gymnasts must adhere to the rules and respect coaches, judges, and their decisions. Gymnasts must respect fellow club members.
- 3.3. Gymnasts must display professional and respectful conduct whilst representing the club at competitions or other events.
- 3.4. Gymnasts must inform the coach of any injuries or illness they may have before or during the session.
- 3.5. Gymnasts are not allowed to leave the premises without permission of the Head Coach for their safety and security reasons. Under 13s should remain with coaches at the end of a session until collected by their parent or guardian.

### **4. Membership, Payments, Classes and Attendance**

- 4.1. Gymnasts, who do not hold a valid British Gymnastics Membership, will not be able to attend training sessions. Parents must register their children by themselves using British Gymnastics website. [www.british-gymnastics.org/memberships](http://www.british-gymnastics.org/memberships)
- 4.2. LSA requires an annual Club Membership fee from all members. The price varies according to the branch.
- 4.3. LSA will not refund or credit any fees if you miss a class or choose to stop attending classes. If you wish to stop attending classes we require a one month notice. In this case the deposit will be used to cover your last training month fees.

- 4.4. LSA accepting monthly payment and require a one month's fee deposit. The payment for the month is fixed, and same every training month despite the amount of training weeks in the month. The price is calculated throughout 11 months, training weeks only. The Payment for the month must be made in advance before 29th of the previous month. £10 late payment fee must be added after this deadline.
- 4.5. Missed sessions are not transferable to other sessions or gymnasts.
- 4.6. Pro-rata discount is available only to new members who join the Club in the middle of the term. Refund is only available for more than 2 weeks absence caused by medical conditions and confirmed with a doctor's letter. To receive a refund, please, send an email to [aljona.londonsportacademy@gmail.com](mailto:aljona.londonsportacademy@gmail.com) within 24 hours.
- 4.7. Members, who have not completed their payment in time are not allowed to join classes. LSA retains the right to sit a gymnast during the class if the fees are outstanding.
- 4.8. All gymnasts level 4 and 5 (Club Squad) must attend all Regional and National Competitions organised by London and British Gymnastics Federations.
- 4.9. Our classes are oversubscribed, in order to secure your child's place please ensure that subscriptions are paid by due dates. If fees are not paid by the deadline the Club will assume the place for your child is no longer required. Any late payments that are accepted will incur an administration charge.