

PARENTS / GUARDIANS / GYMNASTS CODE OF CONDUCT

London Sport Academy

1. GENERAL AGREEMENT

1.1 Compliance With Club & Venue Rules

All members, parents/guardians and staff must comply with the rules, regulations and health & safety requirements of the venues in which LSA operates.

1.2 Zero-Tolerance Policy on Misconduct

LSA maintains a strict zero-tolerance policy regarding abuse, bullying, harassment, intimidation or threats toward coaches, gymnasts, staff or members.

This includes but is not limited to:

- rudeness
- insults
- unreasonable demands
- persistent or vexatious communication
- discrimination based on nationality, ethnicity, language, gender, religion, disability, sexual orientation
- any form of physical or psychological abuse

Violations may result in *immediate termination of membership*.

LSA upholds an anti-discrimination policy: all members are treated equally.

1.3 Club Uniform & Equipment

Gymnasts must wear the official club uniform and bring their own rhythmic gymnastics equipment. All items may be purchased through the Club Administrator.

1.4 Water, Food & Drink Policy

Gymnasts must bring a filled water bottle. No fizzy drinks, food or chewing gum are permitted.

1.5 Hair & Jewellery Safety

Long hair must be tied up neatly. No jewellery is allowed. Earrings must be removed or taped.

1.6 Supervision of Children Under 13

A responsible adult must accompany children under 13 before and after training sessions.

1.7 Transition Support for Gymnasts Under 5

Parents of new gymnasts under age 5 are encouraged to remain on the premises for the first 3–4 sessions.

1.8 Restricted Access to Training Area

Parents/guardians are not permitted to enter the training area at any time. Communication with gymnasts during training is unsafe and distracting.

1.9 Pre-Training Preparation

Parents must ensure their child has used the toilet and had water before the session.

1.10 Timely Collection of Children

Parents must arrive promptly to collect their children or notify the club in case of delay.

1.11 Coach Availability During Training

Coaches cannot respond to enquiries during training hours. All communication must go through the Club Administrator.

2. PARENT / GUARDIAN CODE OF CONDUCT

2.1 Responsibilities & Communication

2.1 Accuracy of Information

Parents must ensure registration information is accurate and up-to-date; medical or contact changes must be communicated in writing.

2.2 Medical Disclosure

Parents must disclose any special medical, physical or behavioural conditions at registration.

2.3 Supervision Responsibility

Parents are responsible for supervising their child before and after classes, including changing rooms, toilets and waiting areas.

2.4 Punctuality & Warm-Ups

Arriving late may increase the risk of injury because warm-ups are a critical part of training.

2.5 Personal Belongings

LSA is not responsible for lost, stolen or damaged items.

2.6 Respect for Coaches & Staff

Parents must respect coaching decisions and avoid arguments or conflicts.

2.7 Official Communication Channels

Parents must not use personal phone numbers or social media of coaches. Only official channels may be used.

2.8 Non-Interference

Parents may not attempt to influence training decisions or pressure staff to prioritise their child.

2.9 Complaints Procedure

All concerns must follow the official Complaints & Grievance Procedure. WhatsApp is not an official complaints channel.

2.10 Respectful Communication

Aggressive tone, intimidation, accusations of favouritism, racism, bullying, or unreasonable demands are prohibited. Persistent breaches may result in restricted communication or termination of membership.

2.11 Parental Responsibility for Gymnast Code of Conduct

Parents must explain the Gymnast's Code of Conduct to their child and ensure full understanding.

2.2 Behaviour in the Gym Environment

2.12 No Disruption

Parents must not interrupt, influence, instruct or coach their child during sessions.

2.13 No Public Discussion of Staff or Gymnasts

Parents must not discuss coaches, gymnasts or internal club matters in WhatsApp groups or social media.

2.14 Respect for All Members

Parents must respect coaches, gymnasts, officials and other parents.

2.15 Proper Training Appearance

Parents must ensure their child attends training with proper attire, hair tied and no jewellery.

2.16 Support & Encouragement

Parents must prioritise discipline, effort and progress over results.

2.17 Long-Term Development

Gymnastics requires years of consistent training; parents must respect this process.

2.3 Optional / Extra Sessions

2.19 Optional sessions are not guaranteed

Access depends on space, equipment and coach availability.

2.20 Cancellation Rights

Sessions may be cancelled at any time due to safety or facility limitations.

2.21 No entitlement

Participation in optional sessions does not grant priority for future sessions.

3. GYMNASTS' CODE OF CONDUCT

3.1 Water & Food Policy

Bring water; no fizzy drinks, food, or chewing gum.

3.2 Hair & Jewellery

Hair tied neatly; jewellery prohibited.

3.3 Discipline & Respect

Gymnasts must follow instructions respectfully.

3.4 Respect for Coaches, Judges & Members

Mandatory respectful behaviour at all times.

3.5 Representation of the Club

Gymnasts must behave professionally during competitions and events.

3.6 Injury & Illness Reporting

Gymnasts must inform coaches of any injury or illness immediately.

3.7 Supervision & Departure Policy

Children under 13 cannot leave unaccompanied.

If under 18 travels alone, written parental consent is required.

4. MEMBERSHIP, FEES AND ATTENDANCE

4.1 British Gymnastics Membership

Required for participation.

4.2 Annual Membership Fee & Deposit

Deposit varies by branch.

4.3 Missed Sessions & Termination

Missed sessions are non-refundable. One month notice required; deposit covers final month.

Deposit is forfeited without proper notice.

4.4 Monthly Payment Rules

Fees are fixed; due before the 1st of the month. Late payment incurs a £20 penalty.

4.5 Trial Session Fees

Non-refundable.

4.6 Discounts & Refunds

Available only for new members joining mid-month. Refunds require medical proof for absences over two weeks.

4.7 Replacement Sessions in Case of Facility Closure

LSA will attempt to provide replacement sessions when possible.

4.8 Fees & Absences

Absences for non-medical reasons do not reduce fees.

4.9 Outstanding Fees

Gymnasts with unpaid fees may not attend classes.

4.10 *Loss of Place*

Non-payment may result in loss of class placement.

5. COMPETITION POLICY

5.1 *Respect at Competitions*

Gymnasts and parents must respect all participants.

5.2 *Prohibited Contact with Judges*

Parents must not approach judges or discuss scores.

5.3 *Restrictions on Score-Related Inquiries*

Parents cannot ask coaches to challenge scoring.

5.4 *Confidentiality & Conduct*

Parents must not discuss scores, judging or coaching methods with others.

5.5 *Compliance with Competition Regulations*

Violations may result in suspension from competitions.

6. COMPETITION STRUCTURE & INFORMATION

6.1 *Parental Consent*

A poll will be conducted to confirm permission.

6.2 *Group Distribution of Information*

Competition dates, times and locations will be posted in the official club group.

6.3 *No Individual Messaging*

Information will not be sent individually.

6.4 *Competition Fees*

Must be paid; non-refundable once registered.

6.5 *Privacy Regulations*

The club cannot share personal details of other participants.

6.6 *Contacting Organisers*

Parents must obtain club approval before contacting organisers.

6.7 *Registration & Payment Deadlines*

Communicated through the club.

6.8 *Responsibility for Deadlines*

Parents must adhere to all deadlines.

6.9 Withdrawal Policy

Gymnasts should not withdraw after registration deadline.

6.10 Non-Payment Policy

If registered but fee unpaid, the amount will be deducted from the deposit and added to the next month's fees.

7. EQUIPMENT AND ATTIRE

7.1 Consultation Requirement

Levels 3+ must consult the coach before buying competition leotards/equipment.

7.2 Compliance with BG Standards

All equipment must comply with British Gymnastics regulations.

7.3 Non-Compliant Equipment

Not allowed in competitions.

8. GYMNAST LEVELS

8.1 Levels 0–2

Determined by the coach and approved by head coach.

8.2 Levels 3–4

Based on regional standards.

8.3 Level 5

Based on national standards.

9. GYMNASTS AT LEVELS 0–2

9.1 Competition by Invitation Only

Requires coach and head coach approval.

9.2 Right to Deny Participation

The club may deny participation if gymnast is not physically or psychologically prepared.

10. GYMNASTS AT LEVEL 3

10.1 Coach-Determined Participation

Coach regulates participation.

10.2 Competition Selection

Based on official London & British Gymnastics plans.

11. GYMNASTS AT LEVEL 4+

11.1 *Mandatory Participation*

Gymnasts must take part in all scheduled London & British Gymnastics competitions.

12. CONTACT INFORMATION

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