



Gymnast Agreement

HGC POLICY & PROCEDURES



Harlow Gymnastics Club is fully committed to safeguarding and promoting the well being of all its members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety, welfare and rules of the club.

As a member of Harlow Gymnastics Club I agree to abide by the following club rules:

- I will be committed to my training programme and listen to my Coaches at all times .

- I will understand the values of being part of a club and always do my best for my self and support others who are all trying to achieve the same goals.

- I will show respect and always be kind to other members of my group, members of the club and its coaches / officials.

- I will keep to agreed timings for training and competitions or inform my coach if I am going to be late or absent.

- I will wear suitable clothing for training and events as agreed with my coach.

- I will keep long hair tied back and remove all jewellery before the beginning of a session.

- I will treat the entire facility and all of its equipment with respect.

- I will inform my coach of any injuries or illness that I may have before the warm-up begins.

- I will not eat or chew gum during a session.

- I will not use inappropriate language.

- I will remain with my coach(es) at the end of a session until I am collected by my parent or guardian.

When attending competitions, events or squad training

- I will participate within the rules and respect other gymnasts, coaches, judges, officials and their decisions.

- I will not do anything that will bring the name of HGC into disrepute.

- I will remember that I am competing to do the best for myself, but most importantly that I am a team with the other club members and I will support them in the same way I expect to be supported.