**General Information**

Our aim is to provide an exceptional and challenging gymnastics program at the educational level for both girls and boys.

On your first visit, we ask you to complete an [enrolment form](http://www.carmelandcogymnastics.com.au/policies-and-forms/gymnastics-enrolment-form) to ensure we have all the information we need for the safety and wellbeing of your child.

**Your child’s first lesson**

Your first lesson is a trial lesson where you only pay for one lesson. This is to see if your child likes the class before they enrol and pay full term fees, and annual registration  
If you choose not to return after the trial lesson, your child will be removed from the class roll and the position given to another child. If for whatever reason you are unable to attend the second lesson, but do intend to join, please advise us so your child’s place in the class is held.

**What to wear and bring**

Wear comfortable but not too loose clothing eg.shorts, singlets, crop tops, leotards or tights are all good. Footear is not permitted on the equipment . All jewellery including rings, bracelets, watches, earrings and hair clips must be removed. (small stud earrings are acceptable) Long hair should also be tied back so as not to impede vision.Please bring a cold drink as gymnasts can be very active!

**Fees Policy**

Parents must pay the registration fee along with their term fees on the second lesson. Registration covers the insurance through Gymnastics Australia. Gymnasts will not be permitted to participate in any activities until the annual Registration fee is paid. All term fees are paid in the first 2 weeks of each subsequent term. Please read the fees policy on your enrolment form carefully.

By attending the second lesson, or the first lesson of the following term, you have acknowledged that your child has joined for the full term, and full term fees are due (no refunds given if your child changes their mind, and you will still have to pay full term fees)   
  
Fees can be paid by cash, cheque, direct debit or Credit Card (Credit card payments can be made over the phone or be completing a payment slip)  
  
Make up lessons are only available if due to injury or illness as per EGA Terms and Conditions

**Gym Safety Rules**

* Your children are your responsibility when they are not training – both before and after their class.
* Please observe the car park policies as children must not leave the building unless accompanied by a parent or Guardian
* Gymnasts must follow the instructions of the coach at all times.
* No footwear or jewellery to be worn into the training area.
* Hair must be tied back, away from the face and eyes.
* No loose or baggy clothing, jeans or clothing with zippers
* Only children that are participating in gymnastics are permitted in the training and must always remain in the waiting areas until class starts.
* No food, drink or chewing gum is to be taken onto the training areas
* Gymnasts must keep clear of training areas whilst training in progress to prevent collisions.
* Always notify EGA of any changes to medical or contact details for your child.
* Parent/Guardians are not allowed in the training areas. There will be parent viewing twice a year.
* Video or still photography.is not permitted
* No food products to be consumed in the gym .

Thank you for considering gymnastics. If you would like more information, or some advice on which class is right for you, please [contact us](http://www.carmelandcogymnastics.com.au/contact).

**Code of Behaviour**

**Staff**

* **Unconditional respect** – We work in an environment where respect is of utmost importance between coaches, children, parents and volunteers.
* **Reliability & Professionalism**– Be responsible, accountable and reliable in all work tasks and see that club policies and procedures are adhered to in a conscientious way, ensuring all work responsibilities are completed in a professional manner.
* **Teamwork** – We believe it is vital to work together as a team through cooperation and helping one another wherever possible.
* **Open and Honest Communication** – Being approachable and easy to talk to is vital for the continued success of the club. If you have a concern, speak immediately and directly to the person involved.
* **Perpetual Growth & Initiative** – We strive to work in an environment where our employees and the children are constantly growing and learning.
* To enhance each gymnast's physical, mental and personal development through:

-   An appreciation of team-work,

-   An opportunity to perform in competitions,

-   Promoting a love of gymnastics, good work ethic, self discipline & respect

**Coaching Values**

1. Keeping the Children Safe
2. Clearly Communicate Expectations to parents and gymnasts
3. Praising Good Behaviour
4. Keeping the Enthusiasm and Motivation high
5. Set Challenges and Encourage Successes taking into account each child’s ability
6. Most of all, KEEPING IT FUN` !!!

**Participants**

Participants must meet the following requirements in regard to your conduct during any activity held or authorized by Carmel & Co Gymnastics:

* Abide by the rules and respect the decision of officials, coaches and club personnel, making all appeals through the formal process and respecting the final decision
* Maintain high personal behaviour standards at all times relating to language, temper and punctuality..
* Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
* There is zero tolerance to aggression.
* Respect the talent, potential and development of fellow participants and competitors.
* Care for and respect the equipment provided to you as part of your program.
* Communicate frankly and honestly with your coach if you have any injury/illness which may impede your ability to train
* Conduct yourself in a professional manner
* Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
* Cooperate with coaches and staff in the development of programs to adequately prepare you for competition at the highest level.
* Communicate your concerns to your coach so a resolution may be reached

**Parents / Guardians**

All parents/Guardians of participating gymnasts are expected to:

* Abide by EGA Terms and Conditions
* Respect the rights, dignity and worth of others.
* Remember that your child participates in sport for their own enjoyment, not yours.
* Focus on your child’s efforts and performance rather than winning or losing.
* Never ridicule or yell at your child and other children for making a mistake or losing a competition.
* Show appreciation for good performance by all participants (including opposing participants)
* Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
* Respect officials’ decisions and teach children to do likewise.
* Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, etc).
* Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
* Be a positive role model.
* Allow fellow parents the respect they deserve in their viewing, or involvement in their child’s participation.
* Be aware of the repercussions that any breaches of this code of behaviour may incur.
* Do not contact the media for publicity regarding the results of your child or any other. Carmel & Co Gymnastics will arrange editorials and photos on behalf of gymnasts.
* Do not contact State or National coaches regarding selection decisions, results etc. Any complaints or queries should be directed to EGA first.