



INFORMATION



encourage • inspire • enjoy

Welcome,

We would like to welcome you to Blandford Forum Gymnastics Club and we are looking forward to meeting you in your session.

Please read through the information below about:

- FAQ's
- General session procedures

If you have any questions?

Please contact the club and a member of the team will be happy to help you or, please do speak to a member of staff when you visit.

Tel: 01258 453941

Email: mail@blandfordgymnastics.co.uk

Website: Blandford Forum Gymnastics Club



Blandford Forum Gymnastics Club



Blandford Forum Gymnastics Club



blandfordgymnasticsLtd

General session information



FAQ's

Where do I go when I arrive?

Come into the reception area and a member of staff will be able to greet you.

What does my child need to wear?

Leotard, tracksuit bottoms, leggings or shorts with a T shirt would be great! (During the cooler months a long sleeve top or jumper can be worn as layers can be and removed as needed). Please wear comfortable clothing that your child is able to move freely in to take part in activities. Please avoid clothing that have zips and buttons.

Gymnastics sessions - Participants will work in bare feet during activities.

Trampoline sessions - Participants will need to wear socks during activities.

Preschool sessions - Parent/carers joining in or in the gym will need to remove footwear. Jewellery should also be removed when working with your child in sessions.

Belongs can be left in the designated area. All belongings are left at the owner's risk.

Do they need a drink?

Bringing a water bottle is always helpful in case they need it during the session. No fizzy or energy/caffeinated drinks.

How does the session work?

A coach will welcome your child (and you if in Preschool) into the session. The session includes warm up, range of programmed activities and cool down. Session plans vary based on the programmed activity.

Is there parking?

There are parking spaces available for you. The car park can be busy at changeover times. Please drive slowly in our parking area.

General session information

FAQ's



Can I spectate?

You are more than welcome to watch your child's first session from within the gym (a coach will show you where you can watch from). Spectating after this time is available from the reception area. We also offer viewing times in the year from within the gym. Please ask reception if you have any questions. Stage 1 and 2 preschool will require a parent/carer to participate in sessions with them.

How should I pay?

Following your trial email information, you will have been sent an online payment link from Stripe. Payments for your trial should be made ahead of your trial session. Please note this is non-refundable unless 7 days written notice of cancelation is received. Monthly standing orders should then be made.

We are unable to attend our trial session.

If you cannot attend your trial session, please do let us know and we can rearrange the trial date with you.

Can I video or take photos?

We have a no phone policy. Photos and recordings are not allowed. If you want to take a photo of your child, please do speak to a member of staff who can help organise this with you. We also ask that phones are not used while working with your child.

How will I find out about how the session went?

Your coach will be happy to speak to you at the end of the session. They may need to disperse other gymnasts beforehand, but please allow a few minutes at the end of the session to meet with them.

General session procedures



**We want you to enjoy and take part safely.
Please only attend sessions if you are feeling fit and well.**

Preparation for sessions - Gymnasts will:

- Come ready in their training kit and be in easy to remove shoes
- Have hair tied up
- Have removed all jewellery
- Have a filled water bottle
- A coat or warm layer should be brought to wear before and after sessions

Entering the gym facility - Gymnasts will:

- Enter through the main front door
- Sanitise their hands on entry
- Remove outdoor footwear to enter the gym areas
- Store belongings in kit boxes

Exit for sessions - Gymnasts will:

- Collect their belongings and leave the gym by the side exit door
- Be collected by a parent/carer in the collection zone

General session procedures



We want everyone to enjoy taking part.
Here are some ways you can help:



Listen to
your coaches
and follow
instructions



Only attend
sessions if
you are
feeling fit
and well



Arrive ready
to take part
in your
sessions



Celebrate
your
achievements



Respect each
other



Avoid
sharing food
and drinks
and keep a
Nut free gym



Have Fun!



General session information



We're working hard with our National Governing Body to ensure our club is safe for our gymnasts by:

- Cleaning our gym regularly
- Following our Governing Body guidelines to keep our members safe
- Planning and preparing sessions
- Constantly monitoring and reviewing our safety measures
- Upskilling our coaches in all areas of training

Member of
**British
Gymnastics**