

# GENERAL RULES

1. Gymnasts are not allowed in the gym or on the equipment unless directed by a coach.
2. The facility and its equipment must always be respected and used in a safe manner.
3. Gymnasts are expected to arrive at the gym on time.
4. Gymnasts are expected to attend every class because absence is not beneficial to their development in the program and will have a direct effect on their CANGYM testing.
5. If a gymnast will not be attending class due to illness, etc., the gym must be notified before training is scheduled to begin so that we know your athlete is safe. Missed classes cannot be made up.
6. If your athlete must leave early, the coaches must be informed at the beginning of the class.
7. Gymnasts must wear appropriate clothing to the gym and hair must be neat and tied back if long. Girls are to wear bodysuits (exercise or stretch shorts are optional). No jewelry other than stud earrings and medic-alert bracelets. Boys are to wear fitted t-shirts and non-baggy shorts with draw string (no zippers or buttons).
8. All injuries must be reported to the coaches immediately no matter how insignificant the injury may seem. If treatment is given promptly, it is usually less painful and likely to heal more quickly. Also, the risk of re-injury is reduced by implementing a modified program.
9. Parents and gymnasts must maintain good communication with the coach. Discuss your athlete's progress and attitude with an open mind.
10. All snacks and drinks that your athlete brings to the gym must be healthy. Coaches will encourage athletes as to what is acceptable. **All snacks must be nut/peanut free!!!**
11. Current information and events are posted on the bulletin boards inside the gym. Please read them regularly. Newsletters are also distributed on a monthly/bimonthly basis.
12. A positive attitude, good sportsmanship and above all, fairness to all, must be practiced at all times.
13. Inappropriate language or behavior is not acceptable.
14. Do not bring valuables to the gym. We are not responsible for lost or stolen belongings.
15. Medication such as Tylenol, aspirin, etc. will not be given out to gymnasts.
16. It is the parent's responsibility to inform the coaches and administrative staff of any **relevant medical, personal or emotional issues** that may have occurred outside the gym.
17. Method of payment is cash, cheque, debit or credit.

## DISCOUNTS

A 10% discount will apply to the program fee for a second (third, fourth, etc.) child in programs simultaneously (whichever fee is less). This discount does not apply to the G.O. membership fee or camp.

## REFUNDS/CANCELLATION

- The club has the right to change or cancel programs due to insufficient registration or coach availability. In the case of a cancelled program, a full refund will apply.
- A refund (less a \$25 administration fee) will only be given prior to the first class or during the program in the case of illness or injury which prevents participation. A Refund Requests Forms must be completed and accompanied by a doctor's note.
- After participating in 4 classes of program, no refund will be approved without a Doctor's note.
- All NSF cheques are subject to a minimum \$25 fee.
- Every effort will be made to re-schedule classes cancelled by the club due to uncontrollable circumstances such as power outages or weather conditions.