

INVERNESS GYMNASTICS CLUB

Useful Information For Parents & Members

Safeguarding, Conduct & Expectations

Inverness Gymnastics Club classes aim to provide a safe and enjoyable environment for each individual to develop and further gymnastics at their own pace. Inverness Gymnastics Club is committed to delivering all sessions, programmes and events in a safe and positive environment. By ensuring we adhere to our own, and to Scottish Gymnastics policies on safeguarding and welfare, we work in a manner that is in the best interest of the children, coaches, volunteers and staff within our club.

If you have any concerns or questions relating to the welfare and safety of any club member, please email welfare@invernessgymnastics.com

Further information and policies on safeguarding and welfare can be found in full on our [website](#).

To support these objectives and to ensure all gymnasts have the best experience with the club, Inverness Gymnastics Club sets the following expectations.

- Please remember that all primary aged gymnasts should be taken into the session and collected by an adult – they should not be dropped off or otherwise left unattended. Gymnasts should not be collected by siblings unless they are over 18.
- Gymnasts should wear appropriate clothing for the session and long hair should be tied up. We would also advise bringing a non-spill water bottle.
- Jewellery is not permitted, including all bracelets, bands, etc. - New piercings may be taped until healed-usually a max of 8 weeks, and must be studs, not hoops or rings. As a club we are required to adhere to the [Jewellery and Body Adornment Policy](#) as set out by Scottish Gymnastics, and we ask that you take a couple of minutes to read through this.
- Long nails and nail extensions are not permitted.
- Gymnasts must not train on any equipment (including the floor) without the permission and supervision of a coach.
- Gymnasts are not allowed to leave the training hall or competition arena without permission from their coach.
- Gymnasts must not use their mobile phone whilst training. If they wish to record a skill, they must get permission from their coach to do so at an agreed time (usually the end of a session).
- All gymnasts are expected and encouraged to be well mannered and respectful to coaches, club helpers and each other at all times. IGC will not tolerate bullying and behaviour or language that has a negative effect on other gymnasts or club members.

- Parents and/or gymnasts are expected to inform coaches of any injury or illness that may affect their training.
- Parents / guardians **must** sign out all primary school gymnasts in a timely manner at the end of each session.
- Parents are not permitted to photograph or video any of our sessions.
- Parents / guardians are welcome to raise any questions or concerns with the lead coaches or club committee and should do so in a respectful manner. As a club we will aim to answer your questions in a timely manner.
- Parents / guardians are expected to ensure all term fees and other monies due are paid on time.
- Parents / guardians are expected to keep the club updated with any change of contact information, medial information or anything else that may be relevant.
- Parents/ guardians should make the club aware, as soon as possible, if a gymnast has decided not to return, this will allow the space to be offered to another child on our waiting list. If a gymnast does not attend the first two weeks of a term, and has not paid their fees, it will be assumed that they are not returning.

Fee Payments

Fees are due to be paid at the start of each term, the details of which will be sent to you in advance. To ensure our coaches can use their time to deliver classes, bank transfer / online payment is the preferred method of payment using the details below.

Bank: Bank Of Scotland

Account: Inverness Gymnastic Club

Account Number: 00464333

Sort Code: 80-91-26

PLEASE ENSURE YOU USE YOUR CHILDS NAME AS THE PAYMENT REFERENCE

Personal Information

Please make sure you let us know if you are changing address, email address or if you need to update your emergency contact details or medical information. Drop us an email or speak to your coach and we can make changes accordingly.

Keeping In Touch

Your class lead coach is the best point of contact, with their emails listed below:

- Hazel Ardern – hazel@invernessgymnastics.com
- Kayleigh Smith – kayleigh@invernessgymnastics.com
- Lauren Bell – lauren@invernessgymnastics.com
- Alanna Munro – alanna@invernessgymnastics.com
- Louise Humphries – louise@invernessgymnastics.com

As the club's administration is run entirely on a voluntary basis, and our team will likely be working throughout various points of the week, email is our preferred method of contact. A wider list of club contacts can be found on our [website](#).

IGC Club Kit

For our Beginner and Recreational classes, we do not stipulate required kit, rather just that gymnasts attend in suitable, non-baggy clothes, with no jewellery. However, we do offer a range of IGC branded clothing which can be purchased on our [online store](#).

Policies & Further Information

A full list of club policies and further information, including class schedules, progression, fees and hardship funds can be found on our [club website](#).