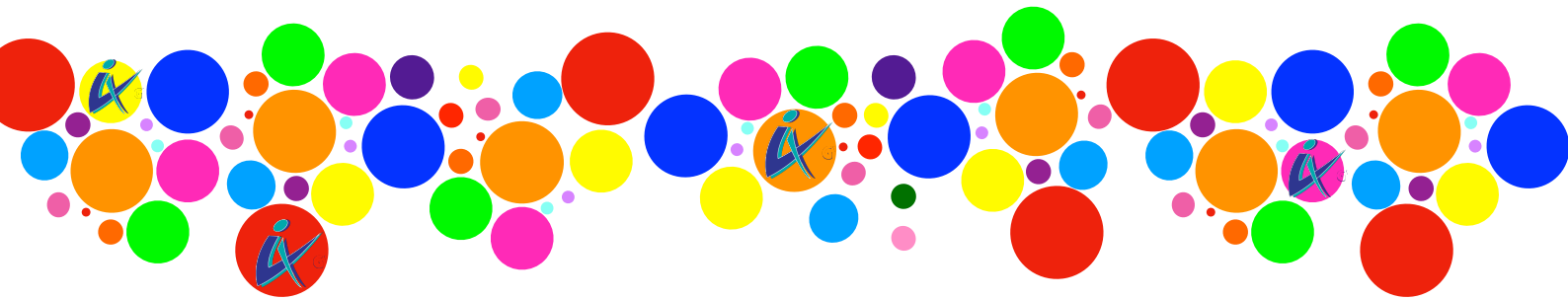


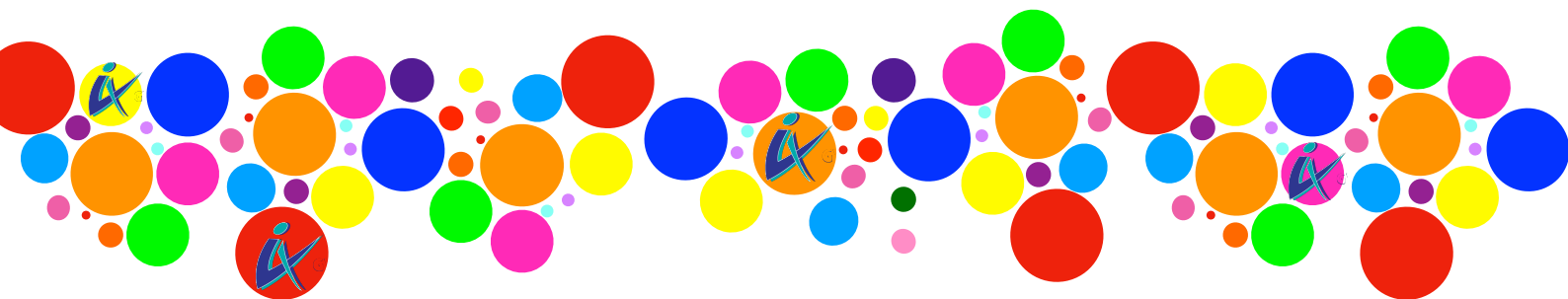
Members Handbook

2021/2022



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Term Dates

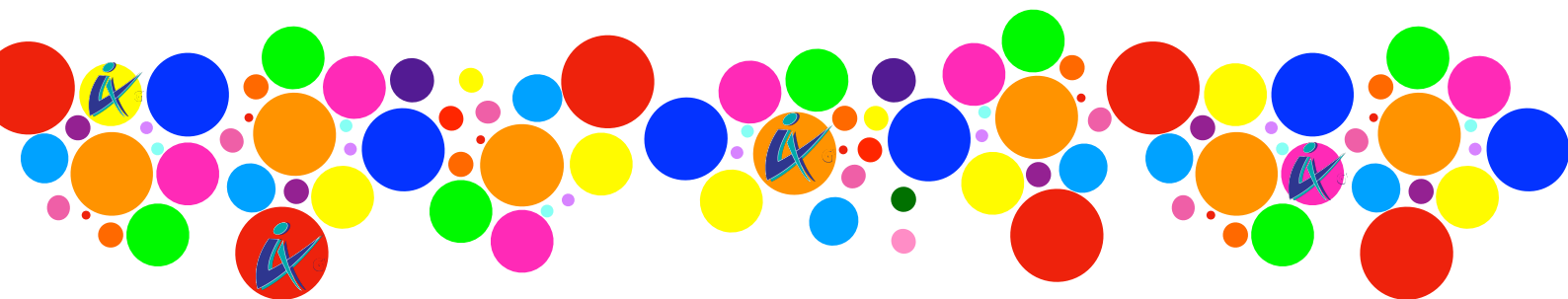
There will be 8 terms for gymnastics in 2021/2022. The dates are as follows:

Term	Start Date	End Date	Length
Term 1	Mon 30th August 2021	Sat 2nd October 2021	5 weeks
Term 2	Mon 4th October 2021	Sat 13th November 2021	5 weeks
Term 3	Mon 15th November 2021	Sat 18th December	5 weeks
Term 4	Mon 20th December 2021	Sat 5th February 2022	5 weeks
Term 5	Mon 7th February 2022	Sat 12th March 2022	5 weeks
Term 6	Mon 14th March 2022	Sat 23rd April 2022	5 weeks
Term 7	Mon 25th April 2022	Sat 23rd May 2022	5 weeks
Term 8	Mon 30th May 2022	Sat 2nd July 2022	5 weeks
Summer	Mon 4th July		

Holidays and closure

Please take a note of the following holiday dates for 2020/2021.

Holiday	Term	Dates
Halloween Break	Term 2	Mon 25th - Sat 30th October 2021
Christmas	Term 3	Thurs 23rd Dec 2021 - Weds 5th Jan 2022 (inclusive) (2 weeks)
Easter	Term 6	Thurs 14th April - Weds 20th April 2022 (1 week)



Club Membership

It is a requirement for all members to pay a £20.00 Annual Club Membership.

Club Membership fees will be taken along with your first term payment. This should be automatically applied by the system.

Your membership fee includes a NatGAP Gymnast Progress book, as well as any Certificates for passing a level within the NatGAP Awards Scheme (medals are not included, and can be purchased separately).

British Gymnastics Membership/Insurance

As a British Gymnastics affiliated club, it is a requirement that all of our members hold British Gymnastics Membership. This membership provides gymnasts with insurance to allow participation in our classes.

British Gymnastics Membership year runs from October – September. Existing British Gymnastics members will receive an email directly from British Gymnastics requesting them to log on and renew. For new members, enrolment typically begins at the start of October.

Further information will be updated to our Facebook page as soon as it is released from BG.

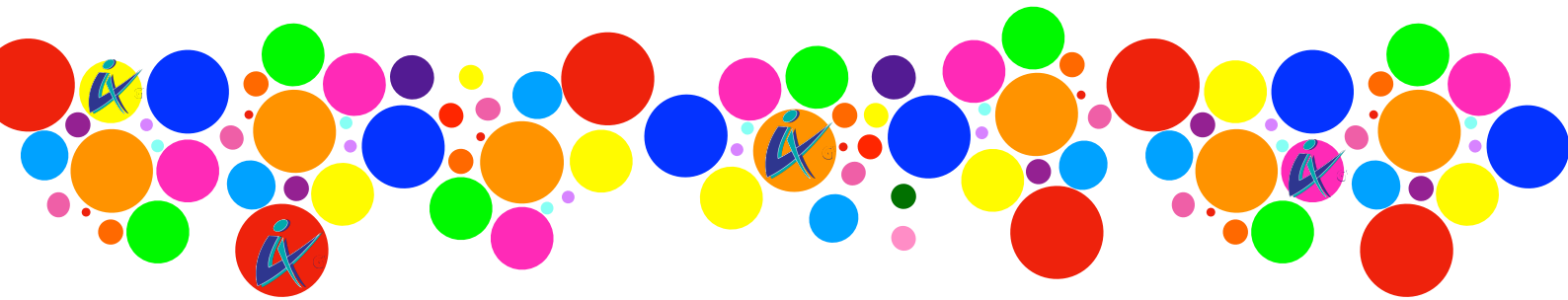
Fees

Classes run in 5 week terms. Term fees are due in advance. Failure to pay fees will result in your place being cancelled, and offered to a member on the waiting list.

Invoices for fees will be sent via email. The email will contain a link, allowing payment online via the new Class4Kids system.

You can make payment via Childcare Vouchers. This is done in the normal manner. However, we do still require you to keep your Class4Kids profile/account up to date.

Should you encounter any issues in relation to payment of term fees, please contact the office.



Communications

LX Gymnastics Centre will primarily use Facebook and our website to communicate important information to members. We would encourage you to like the Facebook Page and to check it regularly.

Should we need to contact you, we will do so by text and/or email. Please ensure that we have the most up to date contact details for you to allow us to do so.

It is every members responsibility to ensure that the details held on file are accurate and up to date. Failure to do so may result in important communications being lost/not received. Please check your junk folders for emails not received.

Attendance

Attendance will be recorded on a daily basis.

We understand that, from time to time, your child may be unable to attend class due to sickness, school events etc. Where possible, we will endeavour to accommodate a make-up class. This must be arranged with the office in advance.

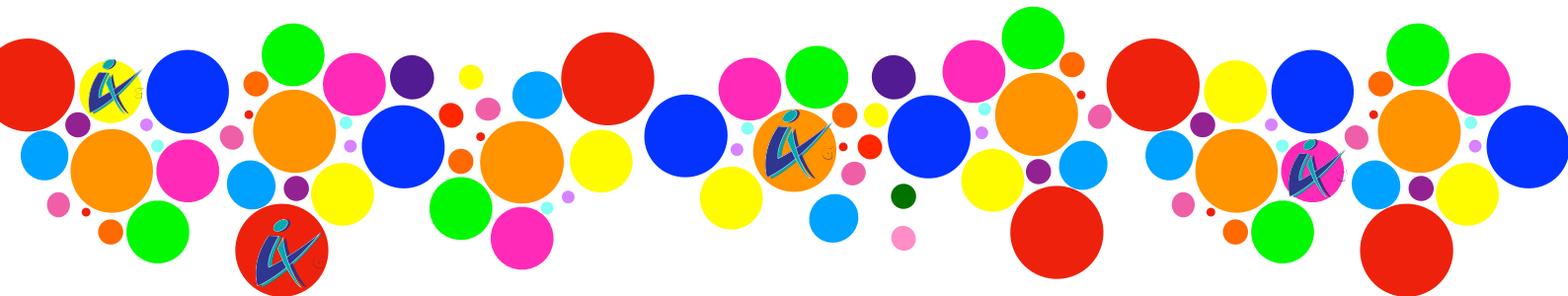
For long term absences, please inform the coach. If your child is absent for 3 consecutive weeks or more, and you have not informed the Centre, this may result in the loss of your place.

Make Up Classes

If your child misses a class due to illness etc, we always endeavour to provide a make up class. At the present time, we are unable to provide make up classes due to restrictions imposed for social distancing and the maintenance of training bubbles.

As restrictions ease, this facility will be reintroduced. We will keep members updated on any changes to this.

We are unable to offer make up classes for sessions missed due to self-isolation.



Class Structure / Badgework

As of September 2021, British Gymnastics have retired their Proficiency Awards Scheme.

LXGC will be following the National Gymnastics Awards Program (NatGAP). This scheme allows gymnasts to progress through various levels across all apparatus, earning medals and certificates as they go. Further information can be found on our website.

Club Welfare Officer

Our Club Welfare Officer is Claire Willis.

Holly can be contacted on 90602776, or via email on office@lxgymnastics.com

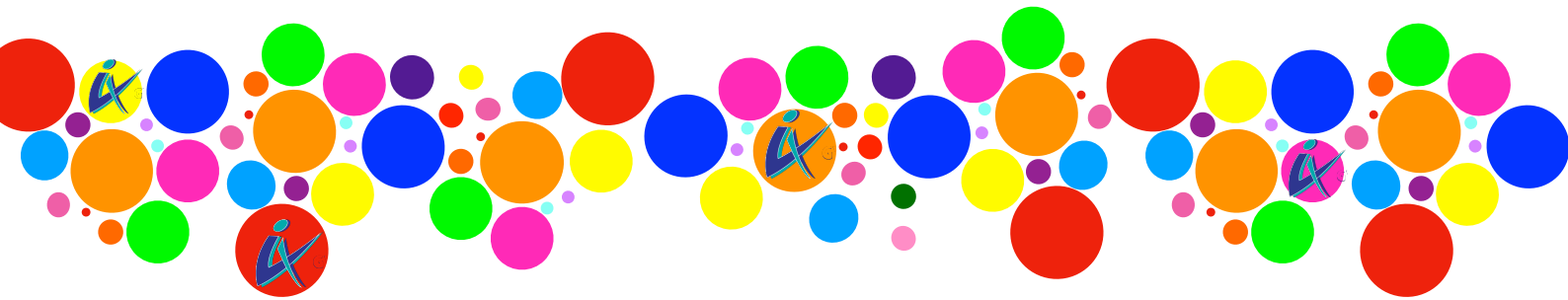
Additional Policies and Procedures in relation to Social Distancing/COVID Secure

We have a number of additional procedures in place, as dictated by our Governing Body and/or the NI Executive. These additional procedures include, but are not limited to, the maintenance of training bubbles, social distancing, reduced class sizes etc.

Full details can be found in the document "Additional Policies and Procedures".

It is imperative that we all play our part to keep LXGC, and our members and staff, as safe as possible. Therefore, if your child, or anyone in your household, is displaying any symptoms of COVID, please DO NOT send your child to class.

LXGC will complete temperature checks etc as part of our COVID Secure procedures. We will always take the cautious approach in relation to the application of our procedures, which may include asking you to collect your child early if we suspect that COVID symptoms are displayed.

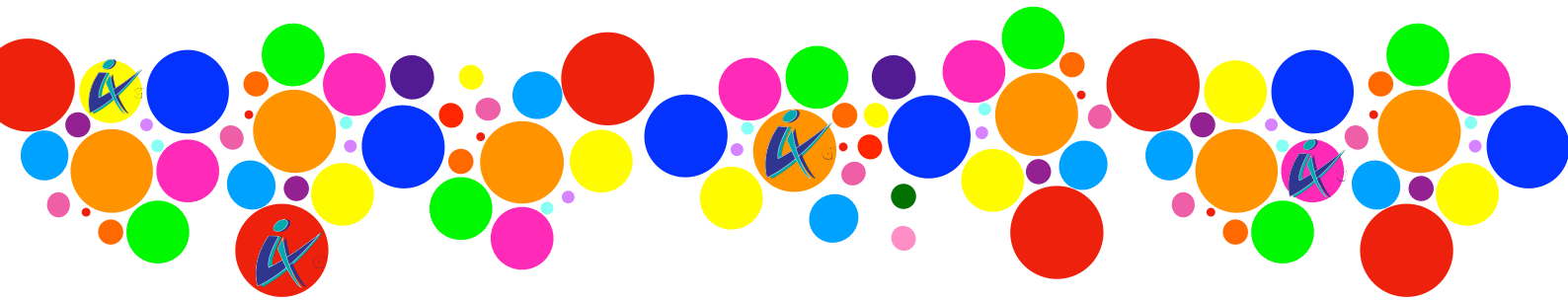


Government ordered closures

In the unlikely event of further lockdowns, LXGC has no option but to cease all classes and activities. Whilst this would be an unwelcome and unfortunate situation, the decision would be entirely out of our hands. The health and safety of members and staff must come first.

In the event of further closures, refunds/make up classes will unfortunately not be offered. To minimise the disruption of further closures, we have taken numerous steps to keep impact to a minimum, such as reduced term durations etc.

We thank you for your understanding.



General Rules and Regulations of the gym

Time Keeping and Dress Code

- ↪ Gymnasts should arrive on time for their chosen class. For health and safety reasons, if a gymnast misses warm up, they may not be permitted to take part in the remainder of the class
- ↪ Gymnasts should be appropriately dressed for class. Leotards/Shorts/T-shirts/Leggings are all permitted. Jeans, loose clothing, skirts, dresses, crop tops etc **SHOULD NOT** be worn. Gymnasts who are not appropriately dressed will not be permitted to take part.
- ↪ Jewellery must not be worn, in accordance with British Gymnastics rules. For children with recently pierced ears, stud earrings with a plaster covering the front and back may be worn until such times as the piercing can be removed.
- ↪ Hair must be tied up at all times.
- ↪ Grip socks must be worn at all times in the gym. Gymnasts without grip socks will not be permitted to take part in classes.

General Rules of the gym

- ↪ Members should refrain from running/horse play/gymnastics in the parent's room
- ↪ Gymnasts must show respect to their coach and to other gymnasts at all times
- ↪ Coaches must treat everyone with respect
- ↪ Gymnasts should be encouraged to use the toilet before class to minimise disruption during class
- ↪ Gymnasts should, where possible, avoid taking drinks breaks during class. Again, this is to minimise disruption
- ↪ Under no circumstances is a gymnast permitted to eat during class. This can result in an upset stomach and nausea
- ↪ Due to social distancing rules, our Parent's Room is currently closed. Gymnasts must be dropped off/collected from class in a prompt manner. Arrival/Dispersal will be overseen by a coach, with registers taken on both occasions.
- ↪ Gymnasts should be collected by a parent after their class. If a parent is running late, the gymnast must wait inside the gym until they arrive. Under no circumstances is a gymnast permitted to leave the building unaccompanied. In the event of a parent running late, they must contact the office to inform the coach.

