

Northern Beaches Gymnastics Pty. Limited

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Squad Information and Codes of Conduct

The following information is an introduction to the NBG Squad Program and outlines policies and procedures that are in place. If you have any further questions please contact the office.

Fees

- Squad fees are calculated and invoiced on the fifteenth of the current month for the following month's training. The invoice is emailed to each squad family. This invoice is due to be paid by the end of the current month. Any accounts that have not been finalised by the due date will have an account keeping fee applied on the first day of the following month. Please see "Account Keeping Fee" (below).
- A discount applies to all fees paid by direct payment into Northern Beaches Gymnastics' bank account by the due date. Account information and payment details are available by emailing NBG at admin@nbg.com.au.
- Fees for squad members are determined on the amount of training hours each week and charged for 48 weeks of the year and divided into twelve monthly payments. Each squad member is given five weeks holiday per year with two weeks at Christmas and one at each of the other school holidays. The charge of 48 weeks allows one week's fee to cover the coaches' attendances at competitions.
- There is no makeup class system for squad gymnasts. If your child cannot attend a training session please notify the coach. A change to training hours during a month must be submitted by your coach to verify the correct hours are on all accounts.
- **There is no refund on squad fees.**

Termination

We require one month's notice for termination of a squad enrolment. Any squad gymnast terminating their program will need to submit a letter, signed by their parents, to notify that they will not be continuing.

There is no refund on squad fees.

Account Keeping Fee

All squad fees are due by the last day of the current month. Any outstanding fees will attract an account keeping fee of 10% per month of the total debt. The account keeping fee will automatically be placed on the 1st day of the following month. This fee cannot be removed by administration staff.

Illness & Injuries

Any gymnast who is unwell and contagious is required to stay home. Please inform the office if your child is ill and will not be attending training. We need to keep colds, flus, and stomach bugs out of the gym, especially around competition season.

We ask that any injury be treated as soon as possible and that the gymnast continues to attend training. Coaches will liaise with physiotherapists and doctors to ensure your child is best treated and their training least interrupted.

Northern Beaches Gymnastics recommends the Narrabeen Sports Medicine Centre at the Sydney Academy of Sport or ChiroSports Chiropractic and Wellness Centre at Narrabeen for treatment.

Program

All squad and competitive programs are based on the Australian Gymnastics Federation Competitive Manual Levels 1 to 10 and Elite.

Lockers

Lockers are available for hire for squad gymnasts and are to be kept tidy at all times. No food or drinks are to be left in the locker at anytime. NBG reserves the right to inspect lockers and revoke them if the rules are not adhered to.

NBG Website

All the latest squad news and updates are generally available on the 'Squad News' page of the NBG website or on our notice board in the gym.

Clothing and Uniform

All squad gymnasts are to ensure they have all their training gear and competition gear when necessary.

For training all squad gymnasts require the following:

WAG

Leotard (any colour or design)
T-Shirt
White socks
Gloves
Loops
Spray water bottle

MAG

Gymnastic Shorts
T-Shirt
White socks
Training Longs
Gloves
Loops

All gymnasts Level 4 and above also require a grip bag containing grips, wristbands, and tape.

For competition, all gymnasts will require the following before competing and representing Northern Beaches Gymnastics:

WAG

Club Competition Leotard
NBG T-Shirt
White track suit
NBG Blue Jacket
White socks
White runners
NBG Back pack

MAG

Club Competition Leotard
NBG T-Shirt
White track pants
NBG Blue Jacket
White Longs
White Competition Shorts
NBG Back pack
White competition socks
White runners

Travelling

There will be occasions where your child may travel with Northern Beaches Gymnastics for competitions or training camps. We have very stringent travelling policies which include the following:

- All gymnasts travel together at all times in their requested uniform unless informed otherwise.
- Gymnasts cannot leave a tour at any point until a tour has finished. Under the direction of management, a gymnast may be able to continue on or return with parents providing previous arrangements have been made.
- All gymnasts will be required to complete a "Code of Conduct" prior to a tour and parents must provide a medical attention form including **all** medication and previous medical histories.
- No gymnast is allowed a mobile phone whilst on tour. **NO EXCEPTIONS.**
- Gymnasts, coaches, and chaperones are responsible for all gymnasts on tour and there is no provision for parents to stay with their children.

Competition

Coaches will advise of a gymnast's eligibility to compete. Entry forms are available on the NBG web site and must be returned with full payment by the due date. Late entries will not be accepted. Payment covers the cost of competition entry fee plus a coaching and judge levy.

Squad BBQ

Once a month, the NBG Supporters' Club holds a squad BBQ on a Friday night in the BBQ area at the rear of the PSC building. The NBG Supporters' Club raises money to assist gymnasts with tour costs and with competition fees. Each squad is rostered on to assist at a BBQ once a year. Support those who support our gymnasts.

Lost Property

Any items of clothing or accessories left around the centre will be put in the lost property basket near the Gym entry. Items will not be held in the coaches or administration office. On the first of each month, any lost property will be donated to charity. NBG does not accept responsibility for any lost or misplaced items. Gymnasts are responsible for their own belongings.

Gymnast Profiles

It is your responsibility to update your profile within the NBG website. Information is to be sent directly to the webmaster. There is a link on the 'Contact' page.

Code of Conduct Declaration

Squad gymnasts and parents must sign that they have read and agree to the squad gymnast and parents' "Code of conduct". NBG reserves the right to refuse entry to gymnasts or parents that breach these rules or display un-sportsman like behaviour.

Refer to:

Appendix A: Squad Gymnast Code of Conduct

Appendix B: Parents' Code of Conduct

Appendix C: Chaperone Criteria

This document is subject to change. All rules will apply upon posting on the NBG website.

We agree to the terms and conditions outlined in the Squad Information and Squad Gymnast's Code of Conduct document including Appendix A, Appendix B, and Appendix C.

We have signed appendix A, B, and C to show we have read and understood each document.

Gymnast's Signature

Gymnast's Name

Date

Parent/Guardian Signature

Parent/Guardian Name

Date

Squad Gymnast's Code of Conduct

In General

- Abide by the rules of the AGF, NSWGA and NBG
- Abide by the requirements of the Competitor as described in the NSWGA website
- Respect the efforts of the appointed and elected representatives of NBG
- Be a role model for gymnastics and other gymnasts
- Never to use derogatory or abusive language
- Dress in an appropriate manner, wearing uniform as required, and behave in a manner befitting my appointment as a representative
- Respect my fellow team members and competitors from other states or countries
- Carry out the instructions of managers and other officials of the team
- Be punctual in arriving at requested destination
- Respect all equipment at all times

Travel

- To travel with the team where requested by club or state
- To wear travel uniform that is set out in the event requirements
- To arrive on time for departures and arrival to events
- To indicate any travel illness that you may experience
- To abide by the head of teams directions during travel

At Competitions

- Be prepared for competition by having all my personal equipment and accessories ready, and ensuring my competition attire is in good condition to present a positive image
- Be cooperative with coaches, judges, and other competition officials
- Never to argue with an official. If concerned about anything, to use the appropriate system to query (e.g. protests)
- Be prepared to support my team mates
- Be a good sport, and acknowledge the efforts and achievements of others
- Treat other competitors as you would like to be treated
- Compete because I want to, not just to please others
- Be thoroughly prepared to give my best effort

We have read and understood the Squad Gymnast's Code of Conduct (Appendix A)

Parent's Signature: _____

Gymnast: _____

Parent's Code of Conduct

In General

- 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 gymnasts, including gymnasts from other teams
- 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 (player, coach, judge, administrator and so on)
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion
- Be a positive role model
- Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour

I have read and understood the Parents' Code of Conduct (Appendix B)

Parent's Signature: _____

Chaperone Criteria

At NBG we pride ourselves on providing opportunities for gymnasts to travel interstate and overseas as part of their gymnastics career. In keeping with the highest quality of care we have compiled selection criteria to outline the selection of chaperones.

The following criterion is a guide to parents and potential chaperones to understand the roles and responsibilities that are required for these positions. We encourage parents to get involved BUT places are limited as chaperones on tours are subsidised by the gymnasts and club.

As a chaperone you are required to cover the following areas—

- Attend pre-tour meetings
- Hold a senior first aid certificate
- Hold a driver's licence (minimum car licence)
- Agree to sign a 'Working with Children' form
- Be on call 24/7 from the time of the tour
- Work under the guidance of a team manager
- Give clear directions to gymnasts and officials
- Detach yourself from your own child at all times
- Avoid any form of confrontation with any member of the team
- Help with washing, cleaning, and food preparation
- Care for sick children or officials
- Take control in the event of an emergency
- Work long hours and attend meetings late at night
- Be able to handle change at the last minute
- Smoking is not permitted around the gymnasts

Note:

There is not a lot of down time on tours, and chaperones are on duty from the time the tour begins until the tour ends. A good sense of humour is essential. There is not too much sleep and you will also need to go without makeup and even showering when times get hectic! You may even need to go without breakfast if you don't get up early enough to feed yourself before the masses come! You also must enjoy living out of a suitcase!

Apart from all that, chaperoning is an enjoyable and fun experience... and the team always comes first.

I have read and understood the Chaperone's Code of Conduct (Appendix C)

Parent's Signature: _____