



Rising Phoenix Gymnastics



Welcome

Rising Phoenix Welcomes you to our gymnastics club with encouragement and enthusiasm for each gymnast to achieve in the sport. Whether that be participation, competition or general love for gymnastics, we're here to help!

British Gymnastics

As our club is registered with our Governing Body British Gymnastics it is a requirement for anyone participating in gymnastics at Rising Phoenix to have this membership/insurance.

To join British Gymnastics please use this link:
<https://www.british-gymnastics.org/memberships>

Payment is a one-off payment and covers you for a year. This is done online following the on-screen instructions. If your child isn't part of British Gymnastics but participates our insurance is void.

New to the club?

If you are new to the club this membership must be attained by at least your third session.

Joined From Another Club?

If you have joined us from another club and already have this, please log on to your account and add Rising Phoenix Gymnastics as your club.

Pricing:

- Community: £24 (45min-1hr classes)
- Competitive: £60 (squad competition pathways)

All information regarding this membership can be found on their website or by contacting:

Telephone: 0345 1297129

Email: customersupport@british-gymnastics.org

Attire for Classes

Rising Phoenix Gymnastics Class Appropriate Attire



Appropriate

- ☒ Leotard
- ☒ Leggings
- ☒ Fitted T-shirt
- ☒ Vest
- ☒ Sweatshirt
- ☒ Tracksuit bottoms/joggers
- ☒ Bare feet
- ☒ Hair tied up and out of the face
- ☒ Hooded sweatshirt/top

Not Appropriate

- ☒ Tights
- ☒ Zips, button, protrusions, ties
- ☒ Over-sized clothing
- ☒ Skirts
- ☒ Skorts
- ☒ Dresses
- ☒ Jewellery

This is for gymnast safety
Appropriate clothing must be worn to every session
If gymnasts are not wearing the appropriate attire they will be asked to not participate until appropriate attire can be worn

Thank you for understanding!

Fees

The first session is a FREE taster and if you decide to sign-up you'll only be charged for the remaining sessions in that month after your free taster.

After this date, an invoice reminder is sent on the 23rd of each month for monthly fees which are due on the 1st of each month.

Fee Notes:

- Fees are based on hours of training per week in a 4 week month
- During 5 week months you will not be charged extra
- These 'free' weeks are used as club holidays
 - For example, club may have to close for events/displays
 - The club also closes for a Summer Shut Down in July/August and Christmas Break
- During school holidays we hold day camps which are communicated to you through our website and email
- Classes run as normal throughout holidays



Please complete our sign-up form here:
www.risingphoenixgymnastics.com/sign-up

CODES OF CONDUCT

PARTICIPANTS

We're here to make your gymnastics sessions as fun and safe as possible. We need YOUR HELP to make sure everyone has a positive gymnastics experience.

What can I do in the session to help keep it fun and safe?



Wait for your coach before class



Have your water bottle filled and ready



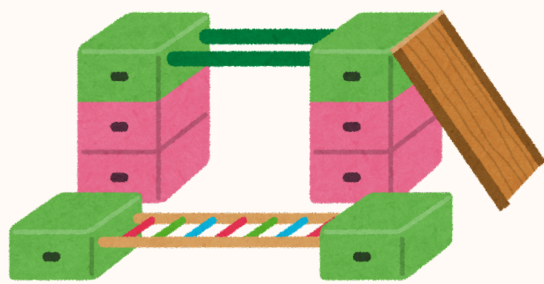
Be dressed and ready



Listen to instructions



Ask for help



Use equipment as instructed



Try your best



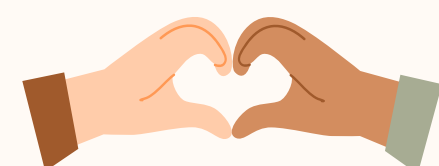
Participate in all sections of the session



Feel unwell? Tell your coach



Food & Drink in waiting area only - NUT FREE GYM



Be kind and friendly



No 'bad words' in the gym



No bullies allowed



No phones to be used in the gym

Please complete Code of Conduct form here:
www.risingphoenixgymnastics.com/conduct

CODES OF CONDUCT

GUARDIANS

Rising Phoenix Gymnastics Club (RPG) believes in the importance of an encouraging, enjoyable and professional workplace. This Code of Conduct is to protect the Club, Staff, Volunteers and all its members.

CONTACTS:

Club Email: risingphoenixgymnastics@outlook.com

Welfare Officers: risingphoenixwelfare@gmail.com

All Guardians of our members are asked to:

- Encourage your child to learn and follow the rules of the club
- Discourage challenging/arguing with Staff, Volunteers, Officials and other members in the club
- Encourage your child to recognise good performance, not just results
- Set a good example of Sportsmanship and applauding good performance of all members
- Encourage your child's participation in sport without force
- Ensure your child is appropriately dressed and ready for participation including a drink
- Keep the club informed if your child is ill or unable to attend any sessions
- Keep the club informed of any changes to yours or your child's details and medical information
- Ensure all fees for training/competitions are paid the correct amount and by the correct date (1st of each month)
- Accept the Staff/Volunteers/Officials decisions and/or request a discussion in an appropriate manner by contacting risingphoenixgymnastics@outlook.com to book a face-to-face meeting.
 - Participation in meetings
 - Staff/Volunteers: meetings may involve more than one staff/volunteer member and/or Welfare Officer depending on what the meeting is regarding
 - Guardians: You are more than welcome to bring another adult to any meeting for support if you feel it is needed
 - Appointments can be arranged by contacting the club outside of session times at an agreed time by both parties
- Ensure good communication is kept between yourself and RPG.
- Express Grievances and Complaints following RPG's procedure – contacting our Welfare Officer
- Please do not post unfavourable, personal, or disrespectful comments regarding gymnasts, coaches, club personnel, the club or any other club on any public social media networks
- Please use correct and proper language at all times – no swearing or derogatory terms
- Never punish or belittle a child for poor performance or making mistakes
- Always collect your child promptly at the end of each session
- Should you wish to use the viewing area, do not cause any distraction to any gymnast or coach from the viewing area
 - Should you need to communicate with your child please speak to the coaches at an appropriate time
 - In case of an emergency please gain the attention of the staff in a safe and considerate way
- Support your child's involvement and help them to enjoy their sport
- When attending events please adhere to the photography rules and regulations set out by the organisers
- Share any concerns or complaints about any aspect of the club through the approved channels (see compliments/complaints procedure)
 - 'Gym Hopping' can be described as contacting another club to seek advice or a trial for your child whilst they are still part of RPG. We ask if any concerns with the club are raised before contacting any other club
- Common Courtesy Clause – if attending the club for a trial with your child from another club we hold the right to inform their original club out of common courtesy for other clubs. Any breach to this code of conduct will be dealt with in accordance with our disciplinary procedure.

Please complete Code of Conduct form here:
www.risingphoenixgymnastics.com/conduct