Rising Phoenix Gymnastics CIC



Welcome

Welcome Rising Phoenix Gymnastics CIC (RPGC). We welcome you 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 an annual payment and must be renewed each 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.

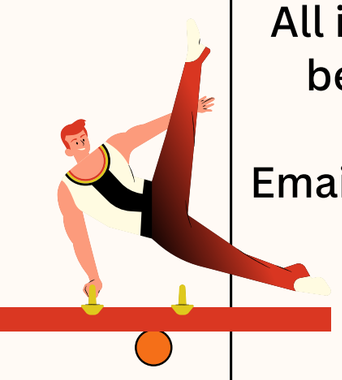
New to the club?
If you are new to the club this membership must be attained by at least your third session.

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



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 rmeinder is sent on the 23rd of each month for monthly fees which are due on the 28th of each month.

Fee Notes:

- Fees are based on hours of training per week in a 4 week month (48 weeks of the year)
- Club holidays
  - 1 Week Shut down - July/August
  - 2 Week Christmas
  - 1 Week events - dates chosen throughout the year
- During school holidays we hold day camps which are communicated to you through our website and email
- Classes run as normal throughout school holidays
- Fees, Cancellations and Refund Policy



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

Ask for help



Have you water bottle filled and ready



Be kind and friendly

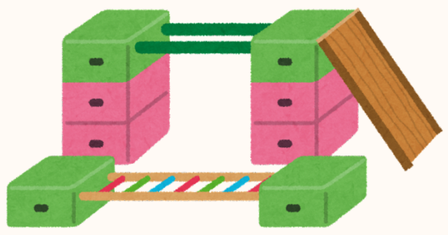




Food & Drink in waiting area only - NUT FREE GYM



Try your best



Use equipment as instucted



Participate in all sections of the session



No 'bad words' in the gym



Be dressed and ready



No bullys allowed



Listen to instructions



Feel unwell? Tell your coach



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 CIC (RPGC) 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 correctly
- 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 RPGC.
- Express Grievances and Complaints following RPGC'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 RPGC. 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.

Club Policies can be found here:
risingphoenixgymnastics.com/clubpolicies