

ENIGMA
GYMNASTICS
CLUB



**Our safe
environment**

How does the Club help the gymnast to be safe?

We recognise the health and safety of each gymnast is paramount where:

- Gymnasts are taught in groups according to their ability and experience;
- Coaches decide which training session a gymnast may attend as well as the competitions / events they will participate in;
- We ensure the gymnast is mentally and physically prepared for the level of participation.

When planning a training programme and number of training hours, the lead coach will pay particular attention to the maturation age, the experience and needs of the individual as well as the level or intensity of the event.

What are the class sizes?

To ensure safe and effective coaching situations are maintained at all times, Enigma Gymnastics Club follow recommended guidance issued by British Gymnastics with regard to ratio of participants to coach:

- For independent sessions, a ratio of one coach is recommended. This may be increased proportionally to the number of qualified assistant coaches (i.e. 8 per additional directly supervised assistant)
- For parent and child sessions, a maximum ratio of 20 children to one coach will be followed
- For training sessions of school age children, the maximum number of participants to one apparatus / station is 8 participants. Where more than one apparatus / station is to be supervised, the coach in charge will carefully assess the following:
 - the age, stage of development, experience, varying ability, and the number and discipline of the participants;
 - the coaches' own qualifications and experience;
 - their ability to observe, advise, support and respond to the difficulties of anyone in the training facility;
 - the level and type of activity and suitability of the apparatus arrangements

- Normally, one coach would not be expected to supervise more than 16 gymnasts, without other suitably qualified coaches being in attendance. However, where a directly supervised and qualified assistant coach is used, in addition to the supervising coach, each additional coach may supervise a maximum of 8 participants.
- When working with participants with disabilities, a competent assessment of the risk to the individual participants must be made when determining the ratio of gymnast to coach. This may rise from 2:1 through to 8:1 depending upon the disability.

How are the gymnasts' progress rewarded?

- Gymnasts are offered the opportunity to take part in British Gymnastics proficiency programmes:
 - Depending on age of the gymnast and ability, we aim to offer every child the chance to succeed
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 - We match the gymnasts' ability to a level in the programme
- The awards progressively develop core skills and provide the gymnast with the motivation of earning rewards for achievement in the form of certificates, badges and a gold medal (please note some levels of award may be achieved easily while others may take a little longer to achieve)
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- We keep a record of all awards achieved and/or purchased by the parent/carer of the gymnast. This record is kept by us and Levenmouth Academy Community Use.
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- We ask for all parents/guardians to check regularly with our coaches to ensure we have the most up to date records. This will help us to ensure the gymnasts are working on the level they should be.

What level of award will my child work on?

- Children attending our preschool class will be following the reward programme, starting with 1st, 2nd and then 3rd

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- Children attending our beginner classes will be following the reward programme as above as well as the core programme, starting with 8, 7, 6 and 5
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- Children attending our improver and novice classes will be following the core programme as above but continuing to awards 4, 3, 2 and 1.
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- Children attending our intermediate and advanced classes will be following the core programme as above as well as the advanced programme, starting with Bronze, Silver and Gold. All children start on Fitness within each level and then advance to discipline specific awards.
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- Children attending our display class will be following the core and advanced programmes as above with a specific focus on the Pairs & Groups award as well as the Floor award and Dance & Aerobics award.

What should my child wear to participate?

- Participants are required to be appropriately dressed in gymnastics attire, but sensitive discretion within the bounds of reasonable safety, will be shown in particular circumstances. Gymnasts should wear suitable leotard and perhaps leggings or shorts and a t-shirt in case its cold (no strappy t-shirts or hoodies to be worn for training in);
- Gymnasts can purchase Enigma Gymnastics Club t-shirt and/or hoody at a discounted price. It is expected these are worn over the top of a leotard to every training session;
- All gymnasts are issued with one Enigma Gymnastics Club backpack free of charge. It is expected for all belongings to be placed inside this bag and to be left in the changing rooms;
- Gymnasts are expected to arrive to training in a pair of trainers incase such footwear is needed as part of the training session;
- Hair must be tied back and no jewellery to be worn. If tape is required for newly pierced ears/belly buttons, this should be done before gymnasts enter their training session, all other piercings must be removed;
- If gymnasts are required to wear specialist equipment for their protection then they must comply with lead coach recommendations.

Will the children get a comfort break?

- Gymnasts are permitted to visit the toilet, however, permission from the Lead Coach is required first. Dependent on age an older gymnast / helper / coach may supervise the visit and wait outside the toilet door in the corridor;
- Gymnasts should visit the toilet before classes commences;
- Food must not be consumed within the training facility. Water is actively encouraged and should be brought in a drinks bottle container and kept at the side of the gym hall, clearly marked with their name on the bottle.
- Breaks may be given depending on length of training session. Lead Coach will supervise this.

How does the Club ensure the training facility is safe?

- Our Club ensures the training facility is safe by undertaking a risk assessment before the start of each training session. This will involve a judgment of the training facility, the equipment being used, the people involved and the activity itself:
- We keep a log of Risk Assessments;
- Gymnasts are advised they must never go on apparatus set ups unsupervised, or without permission from a coach;
- All equipment used is checked for state of repair on a daily / weekly basis.
- Our equipment is reviewed by an external company yearly.
- We keep an inventory / photographic log of all equipment owned by the club;
- Coaches are responsible for gymnasts while they are in the training facility during their training session.
- Gymnasts must remain within the vicinity of the training facility at all times unless otherwise authorised by Lead Coach and parent/guardian.

How can you help us?

- Parents/carers are asked to ensure the coach has arrived before leaving the gymnast at the training facility;
- Gymnasts must not enter the training facility unless the coach in charge of the training session is present and is ready to welcome the gymnasts into their training session;
- Arrangements should be made by parents/guardians to escort their child to and from training sessions and events;
- A sign in and sign out system will be in operation for all gymnasts who are of primary school age. Only those over the age of 18 will be able to sign a gymnast in and / or out;
- Gymnasts should arrive and be collected promptly for training sessions;
- Parents/carers are asked to ensure gymnasts arrive and leave the training facility at correct times;
- Please note: The Club will make every effort to contact all gymnasts if a training session is to be cancelled for any reason. If training venues are to be altered due to circumstances out with the Club's control, the Club will make every effort to redirect gymnasts to an alternative facility.