

CENTURION GYMNASTICS CLUB

2025 POLICIES

Policy Purpose and Scope:

This policy aims to protect the well-being and safety of all members of the club and outlines the commitment of the club to foster a secure environment where members can thrive physically, emotionally, and socially.

It encompasses the roles and responsibilities of staff, coaches, parents and members, and applies to all club activities, including training sessions, competitions, and social events and outlines the procedures for reporting and addressing any safeguarding concerns.

1. Safeguarding

The club is committed to providing a safe and supportive environment for all members, especially children and vulnerable individuals. All staff, coaches, and volunteers must undergo appropriate background checks and safeguarding training to ensure the welfare of our members.

The club has a designated safeguarding officer responsible for handling any concerns or reports of abuse, neglect, or inappropriate behaviour. Any concerns should be reported immediately to the safeguarding officer, who will take appropriate action in accordance with our safeguarding procedures.

Parents, members, and staff are encouraged to work together to create a safe space, and the club will take swift action against any behaviours or practices that put members at risk. All incidents will be taken seriously, with confidentiality maintained throughout the investigation process.

2. Social Media

The club encourages positive and respectful use of social media. Members, parents, and staff should not post any content that could harm the reputation of the club, coaches, or gymnasts. Consent must be obtained before sharing images or videos of others. Comments or posts that are offensive, bullying, or inappropriate will not be tolerated.

3. Video & Photography

To protect the privacy and safety of our members, photography and video recording are only permitted during designated events or with prior approval from the club. Any media captured must not be shared publicly without permission from the

individuals featured, and no cameras or recording devices are allowed in bathroom / changing areas.

4. Equality, Diversity & Inclusion

The club is committed to fostering an inclusive environment where everyone, regardless of race, gender, age, or ability, feels welcomed and supported. Discrimination or harassment of any kind will not be tolerated. We strive to provide equal opportunities for all members to participate and succeed in gymnastics.

5. Stretching

All gymnasts are required to participate in stretching sessions before and after training to enhance flexibility and prevent injuries. Stretching should be supervised by a coach and done with proper technique. Gymnasts are encouraged to stretch regularly at home as part of their fitness routine.

6. Spotting (by coaches)

Spotting by coaches is essential for safety when gymnasts perform complex skills. Coaches will ensure that spotting is used only when necessary and in a manner that promotes the gymnast's independence. All spotting is done respectfully and professionally, with the gymnast's comfort and safety as a priority.

7. Attendance

Regular attendance is important for progression in gymnastics. Members are expected to inform the club in advance if they will miss a session due to special occasions or holidays. In cases of illness or injury, members should notify the club, and a doctor's clearance may be required before resuming training to ensure safety.

8. Gym Closure

The Club is not open during Public Holidays and the Club follows the Government School calendar. There are no official classes during School Holidays, any additional training will be arranged and communicated with the relevant classes/gymnasts at an additional fee.

9. Training

Training sessions are designed to suit the developmental stages of all members, from toddlers (18 months) to senior gymnasts. Each session is age-appropriate, focusing on skill development, fitness, and safety.

Attendance and commitment to training are key for progress. All members are encouraged to attend regularly to ensure skill development and fitness. Coaches will ensure a positive and safe environment for all.

10. Cancellation of Membership

Members wishing to cancel their membership must provide the required notice period as stated in the club's terms and conditions. The member's account must be in good standing, with all outstanding fees paid before departure. Should another club request a transfer, the club will only process it if the member's account is fully settled.

11. Leaving the Club Premises

Parents are responsible for ensuring they arrive on time to collect their children at the end of each training session. In the event a parent is delayed, gymnasts must remain inside the club building and wait in designated and agreed areas until their parent or guardian arrives.

Parents should instruct their children never to leave the building unaccompanied. The safety of our gymnasts is a priority, and coaches or staff will supervise the designated waiting areas until the gymnast is collected.

12. Additional Sport

Gymnasts are encouraged to participate in other sport and should communicate their involvement to their coach. However, there may come a time when a gymnast would need to choose between gymnastics and other sports due to the commitment required for gymnastics training at a more senior level.

Home training is not advised except for stretching and cardio exercises to maintain fitness. Please avoid practicing gymnastics skills at home due to the risk of injury from inadequate equipment or supervision.

13. Bullying

The club has a zero-tolerance policy on bullying in any form, including verbal, physical, and cyberbullying. All members are expected to treat one another with respect. Any incidents of bullying will be taken seriously, investigated promptly, and addressed through appropriate action, which may include suspension or termination of membership.

14. Discipline

The club values a positive and respectful environment. Members are expected to follow club rules, show respect for coaches and fellow gymnasts, and demonstrate good sportsmanship. Disciplinary actions for inappropriate behaviour may include

warnings, suspension from training, or expulsion, depending on the severity of the offense.

15. Conflicts of Interest

Gymnasts who participate in different disciplines at multiple clubs must ensure that their commitments do not conflict with training schedules, competitions, or responsibilities at either club. The gymnast and their family should inform both clubs of their dual membership to ensure transparency and avoid any scheduling or loyalty conflicts.

In the case of conflicting events or competitions, the gymnast is expected to communicate with both clubs in advance to reach a fair resolution. The club reserves the right to review dual memberships to ensure it does not impact the gymnast's development or club performance.

16. Viewing

The club currently provides a designated viewing area for parents on the first floor, behind the glass overlooking the Main Gym area. No parents are allowed on the stands during training. We have also observed that gymnasts become distracted when parents are present, so we kindly request that parents refrain from "coaching" or signalling from the viewing area.

17. Competitions (Entries/Withdrawals, Entry Fees)

Competition entries must be submitted by the club's specified deadlines. Withdrawals from competitions must be communicated as soon as possible. Entry fees are non-refundable once the registration has been confirmed, unless in cases of medical reasons with appropriate documentation. Late entries or withdrawals may result in additional penalty charges.

18. Competition Readiness

To participate in competitions, gymnasts must demonstrate the necessary skill level and readiness as determined by their coach. Attendance at regular training sessions is required for preparation. Gymnasts are expected to follow the coach's guidance on routines, conditioning, and mental preparation to ensure they are well-prepared for competition day.

Review and Compliance: This policy document will be reviewed annually to ensure effectiveness and compliance. All gymnasts and their guardians are required to acknowledge understanding and adherence to these guidelines.