



The following rules must be reviewed and signed by a parent and the gymnast before the gymnast can begin practicing. Please print, sign, and return **to CAO office** before first practice.

The ISB Panther Gymnastics cater for **ISB-Students only**. An ISB student ID number is required upon registration.

Make up classes Due to child/class/coach ratio and the structure of our programs, make up classes are **not offered**.

Refund policy Refunds are available within the first two weeks of classes less the registration fee, and we require written/email notification of withdrawal. The deadline for notification is 24 hours after the 2<sup>nd</sup> scheduled class.

Refunds after the first two weeks of classes will be prorated (exceptions are medical reasons, student departing ISB).

Viewing of classes Parents and spectators must view from the designated area only, which in the new gym is upstairs above the gym. There is not enough room in the gym for parents/siblings/friends/spectators to sit without interfering with the gymnasts and coaches. **Please respect this policy.** If for some reason there is a need to be present during practice please make sure to coordinate with ISB Gymnastics committee via email. The club arranges Parent Viewing Weeks every week before a break (October, Winter, Songkran, Summer) where parents are invited to enter the gym and sit on benches throughout the practices.

Waiver: Please be aware that the ISB nurses may not be available on campus during camps or weekend private lessons. It is therefore **strongly recommended** that a parent or guardian stays in the viewing area upstairs or outside the gym during the session. The ISB Gymnastics Club is willing to facilitate camps or private lessons but does not take part in the session to session planning.

The ISB Gymnastics Club will not be held responsible for any gymnast that was left without a guardian at ISB. The gym classes are not to be considered day care and the coaches or the club committee will not take responsibility for your child if the child cannot practice for some reason, including if your child is sick, injured, not registered for that class. In such cases, the parents are expected to pick up their child without delay. In case of illness or injury the child will be asked to wait at the nurses' office.

Registrations: Registrations for classes open during the last weeks of the Spring Term and end during the first weeks of the new term. Registrations are announced on the club website: [www.isbpanthergymnastics.com](http://www.isbpanthergymnastics.com) or the ISB Newsletter.

Any child attending a class is expected to be registered and paid for to attend that particular class. Any child that attends a class for which it is not registered will not be allowed into the gym and will be asked to wait outside the gym. The coaches or the committee members will try to contact parents to notify them to pick up the child. In case coaches or committee members are not able to reach a parent the club will NOT be held responsible for a child left by itself at ISB. Please do not put the coaches or the committee in such situation.

Competitions away: It is an expectation that all gymnasts are accompanied by a parent or a nominated guardian who accepts responsibility for the child to, during and from any competition. The ISB Panther Gymnastics Club does not take responsibility for the gymnasts at the meet and the parents are responsible for the child before, during and after the meet. Our coaches are present at the meet venue

and the parent is expected to bring the child to see the coach for warm up, next rotation, award ceremony etc. The parent is expected to stay at the venue throughout the competition. The coaches are mainly responsible for the activities that take place within the competition area and on the apparatus.

### **Class procedure and rules**

1. Respect for the Coaches, fellow gymnasts, equipment and the gym is to be demonstrated and practiced at all times.
2. Before entering the gym:
  - remove shoes, leave them outside
  - wash and dry feet
3. Bags may be kept along the right hand wall inside the gym.
4. Cell-phones and other electronic devices must be turned off.
5. No food or drink in the gym, except water. Please bring a water bottle.
6. Gymnasts are expected to arrive on time, dressed and ready, and wait quietly seated on the side until Coaches signal beginning of warm-up.
7. Gymnasts are only allowed to use equipment with the Coaches' clearance and supervision.
8. Gymnasts may not leave the gym during their class without the permission of the Coach.
9. Gymnasts are in class to train. There should be no lying around on mats or taking extended breaks.
10. Gymnasts must wear appropriate clothing, preferably leotards for girls and stirrup pants for boys. No baggy clothes will be allowed.  
Long hair needs to be tied back in a ponytail, pigtails, or braided.  
No jewellery - exceptions can be made for small studs.
11. Out of consideration for the Coach and other gymnasts please keep sick children home. Sending a sick child to any physical sport may increase the risk of injury.
12. Missed classes cannot be made up or refunded.
13. All injuries must be reported to the Coach, even minor ones.

### **MISCONDUCT POLICY**

Violation of the above Training Rules not only causes disruption to classes, but also endangers the well-being of the gymnasts. All misconduct will be handled with the following procedures:

- 1) Any first two incidents will lead to a verbal warning from the Coach, who will also record them.
- 2) A third verbal warning will result in a letter/email to parents informing them about the incidents.
- 3) Upon the fourth verbal warning, the gymnast will be suspended from classes for two weeks.
- 4) In case of a fifth incident, the gymnast will be removed from the program with no refund.

X

X

---

Parent

Gymnast