



Welcome to Corby Trampoline Club

### **Introduction**

We hope you will enjoy your time spent with our club and that together we can work hard to support you and your child/children to achieve their personal goals within the sport of Trampoline Gymnastics

**Corby Trampoline Club** is a British Gymnastics registered club working towards Gym Mark Accreditation.

Our mission statement is:

- To develop close relationships between coaches and club members.
- To promote a healthy lifestyle and encourage life-long participation in sport.
- To provide opportunities for club members to reach their potential in the sport of Trampoline Gymnastics, by progressing along a structured pathway.

### **Management Committee**

A Club Committee, who meet on a regular basis, manage the future direction, and development of our club.

Our Welfare Officer is available to discuss issues, ideas and challenges at Lodge Park or by email – corbytramp\_welfare@yahoo.com

A full list of all committee members can be found at the back of this document

### **Coaches**

Each child will have a dedicated coach to support their training and development within our club. All club training sessions are planned and managed by qualified coaches. All those involved in coaching are engaged in relevant professional development programmes, are members of British Gymnastics and have been cleared through CRB enhanced checking systems.

### **Insurance**

As an affiliated British Gymnastics Club, we are fully protected by Legal Liability Insurance, so long as all our club members are also members of British Gymnastics. For further details please see the membership section.

All coaches and officials are members of British Gymnastics and therefore also protected by Legal Liability Insurance.

Personal Accident Insurance is provided to all club members, through their individual registration with British Gymnastics.

### **Code of Conduct and Club Policies**

**Corby Trampoline Club** is committed to ensuring that good ethical behaviour is promoted and upheld throughout all club activities. In pursuit of this, and in line with British Gymnastics guidance, Codes of Conduct for coaches, parents and all participants are in place. By joining the club you are agreeing to adhere to this guidance in order to continue to promote the positive ethos of the club.

Codes of Conduct form part of the registration pack and are also available to view on our notice board

Corby Trampoline Club also hold policies (in accordance with BG guidelines) for Child protection, Equity, Complaints, Dress and Fees and absence. These are all available to view on our club notice board. Please take the time to read them. Copies of these policies are available on request

### **Awards**

In order to monitor, recognise and reward progress **Corby Trampoline Club** follows both British Gymnastics Award schemes for gymnastics and trampolining.

- Gymnastic awards from Award 7 up to Award 4 cover basic gymnastic preparation required for safe trampolining and children complete floor activities to prepare for these.
- Trampoline Awards ensure for basic trampoline proficiency from Award 1 up to Award 10, with advanced level awards continuing up to Award 15.

### **Uniform:**

Coaches and participants of all training sessions and events must wear suitable clothing. The clothing should not be too loose or long. Preferably, leotard and or T-shirt and leggings or lycra shorts.

The clothes should not have buttons, buckles, belts or exposed zips.

The participants should warm up, condition and cool down in bare feet

Socks in good condition or trampoline slippers **MUST** be worn on the trampoline bed.

Participants with holes in their socks may not be allowed to train for health and safety reasons  
Long hair should be securely tied back to avoid distraction or loss of vision.

Raised adornments on clothing should be avoided

Trampoline T-shirts, leotards, shoes and shorties are available. Please contact the club desk or email [corbytrampoline@yahoo.co.uk](mailto:corbytrampoline@yahoo.co.uk)

Please note: No child will be able to attend a session if they do not have socks

Jewellery and adornments worn in body piercing are inappropriate in trampolining.

Coaches and Participants with body adornments or jewellery must remove the relevant items to reduce the risk of injury to the participant, the coach and others.

Recent piercings where the jewellery cannot be removed must be assessed by the coach. Only where considered safe the participant **MAY** cover the piercing with medical tape for protection

The Code of Dress for gymnastics and trampolining activities is designed to safeguard the participants and coaches.

### **Club Membership**

Corby Trampoline Club membership includes membership to British Gymnastics. This membership will provide your child with Personal Accident Insurance. Trampolining, as with all sports, has its inherent risks, and even after all the precautions taken accidents do happen.

The Standard membership cost is £20.00 per child and runs annually from October. (This includes British Gymnastics Associate Membership of £15.00)

Competitive Membership is £41.00 (This includes British Gymnastics Associate Membership of £36.00 )

If you are a current member of British Gymnastics you will not need to renew this membership until 1<sup>st</sup> October. Please provide the secretary with your membership number for reduced club membership.

Non payment of membership will result in your child not being able to train

### **Child Protection**

Child protection is paramount for all **Corby Trampoline Club** activities, not only to provide the best possible protection for children in Trampoline Gymnastics, but also to ensure the safety of staff and participants. Failure to follow the guidelines below and those in the codes of conduct could place young people, coaches and the club in a vulnerable position.

**Corby Trampoline Club** strives to ensure that children, young people and vulnerable adults are protected and kept safe from harm whilst participating in Trampoline Gymnastic activities. We endeavour to promote the highest standards of care for participants and we:

- Provide and implement procedures to safeguard the well being of all participants and protect them from abuse.
- Respect and promote the rights, wishes and feelings of all participants.
- Adopt good practice in recruitment, training and supervision of all employees and volunteers, and provide guidance to parents and carers.
- Require all Coaches, Volunteer helpers, and our members to embrace **Corby Trampoline Club** Codes of Conduct towards children and vulnerable adults.
- Respond to all allegations and concerns, and implement the appropriate disciplinary and appeals procedure.
- Fully adopt the British Gymnastics' Child & Vulnerable Adults protection policy and procedures, and promotion of the policy to all club members and parents to show the club's commitment to a safe environment.

### **Welfare Officers**

Our designated welfare officer is appropriately trained and able to assist on all matters related to child protection. See Officer's section at the end of this booklet for details of the named person.

### **Photography**

The vast majority of people involved in trampoline activities derive their interest and pleasure from the performances and enjoyment shown by the participants. **Corby Trampoline Club** encourages the use of video or photographic equipment for appropriate use, but we will take all reasonable precautions to protect our members against the possible inappropriate use of films or photographic images. **Corby Trampoline Club** has therefore introduced procedures, which require all persons wishing to use video or photographic equipment to apply for permission, preferably prior to the session.

The use of mobile phones that have camera facility within the training area is prohibited, unless permission is granted by the senior coach at the session.

## **Payments and Absence**

- Sessions must be paid for in advance; normally in blocks of 6 and aligned to the school terms
- Parents must inform the club in advance of holidays and known absences. If a child is absent for three consecutive weeks with no communication to club, the club will understand this to mean the child's place is no longer required and the place will be withdrawn. No refunds will be given for places withdrawn or missed sessions
- A long-term illness procedure is in place and will be put into action when the committee deem a case is relevant.
- Non payment of the Block fee may result in your child not being able to train

## **Club Sessions**

**The venue is** Lodge Park Sport Centre, Shetland Way Corby Northants NN17 2SG in the Practice Hall

Sessions are on Tuesday evening 6.00 - 7.15 and 7.15 – 8.30

### **Fundamental group – 6.00 – 7.15**

Trampoline balance, coordination and agility. Enjoyable, challenging and progressive

### **Train to Train group – 7.15 – 8.30**

Acquiring a broad range of basic trampoline skill, building fitness and friendships

Late arrival of 10 mins or more may result in your child not being able to train for that session for their own safety as they will not have completed their warm up.

## **Club Personnel**

### **Management Committee**

- Chair: Louise Sharkey
- General Secretary: Jacquie Dowsett
- Treasurer: Peter Dowsett
- Welfare Officers: Carmel McNeill

### **Coaches**

#### **Kieran Grundy**

- Trampoline Coach level 3

#### **Kerry Mills**

- Trampoline Coach level 2

#### **Laura Devenney**

- Trainee Coach

#### **Tina Asquith**

- Trainee Coach