

# **GYMSTARS GYMNASTICS ACADEMY**

## **ADULT GYM**

### **RULES & PROCEDURES FOR PARTICIPATION**

By participating in the Adult Gymnastics session Gymstars Gymnastics Academy you agree to abide by the following terms and conditions:

- You will pay the required training fee in full and in advance.
- You will comply with the Club's Codes of Conducts (on the notice board in the waiting room & on the website).
- You will follow the instruction of the coach who is leading the session.
- You are a minimum of 18 years old.
- You will use the equipment appropriately and will not attempt any moves beyond your ability.
- You will put away any equipment that you have used in its designated storage place before you leave the gym.
- You will be fit and healthy and therefore able to participate in exercise.
- You will not bring alcohol into the gym or consume any prior to your gym class.
- Your bags and shoes are to be left in the waiting room.
- You will not enter the gym until your allocated time.
- 'Parkour / Free Running' is not permitted.
- Cheer shoes are not permitted.

The participant also agrees the following:

- In the case of emergency, the coaches may seek emergency treatment and advice.
- In the case of a participant being ill on arrival, Gymstars reserves the right to refuse admission. Please note coaches are not allowed to administer any medication. Please ensure medication is not required during the session.

#### **Insurance**

Gymstars Gymnastics Academy has arranged 'Block Registration Insurance' with British Gymnastics. Participants are welcome to arrange their own insurance with British Gymnastics ('Gymnast' level). This will be at their own cost.

#### **Payment**

Once booked classes are non-refundable and non-transferable.