

SHIRE GYMNASTICS GENERAL CLUB INFORMATION

EMERGENCY PROCEDURE

IN THE EVENT OF AN EMERGENCY, STAFFS ARE TO EVACUATE EACH PERSON DIRECTLY THROUGH THE MAIN EXITS (AS IDENTIFIED ON THE FLOOR PLAN). THESE EXITS HAVE ILLUMINATED SIGNS ABOVE THE DOORS. THE ASSEMBLY POINT IS THE LETTER BOX/ GARDEN BED AT THE FRONT OF THE GYM. ALL STAFF ARE BRIEFED ON THE CORRECT EVACUATION PROCEDURE.

HOT DAYS

OUR GYM IS FULLY AIR CONDITIONED, SO NO NEED TO AVOID TRAINING ON HOT DAYS. THE GYMNASTS ARE GIVEN REGULAR DRINK BREAKS AS WELL AS A REDUCED INTENSITY SESSIONS.

IF AN EXTREME TEMPERATURE DAY OCCURS, IT IS YOUR CHOICE TO KEEP THEM HOME FROM TRAINING.

PARKING

THE CLUB HAS A DESIGNATED PARKING AREA, OR THE STREET IF CAR PARK IS FULL. PLEASE AVOID PARKING ILLEGALLY OR ACROSS NEIGHBOURS DRIVEWAYS OR IN NEIGHBOURING BUSINESSES. PLEASE NOTE THAT THIS IS PARTIALLY A RESIDENTIAL AREA AND ALL MEMBERS NEED TO BE RESPECTFUL AND KEEP NOISE TO A MINIMUM WHEN LEAVING THE FACILITY. REMEMBER THERE ARE SMALL CHILDREN MOVING IN THE DRIVEWAY. PLEASE BE SAFE!

DROPPING OFF AND PICKING UP GYMNASTS

PARENTS ARE ASKED TO: ESCORT GYMNASTS TO THE GATE TO DROP OFF AND PICK UP THEIR CHILDREN , REMIND THEIR CHILDREN TO WAIT IN THE FOYER/GYM AFTER CLASS, ARRIVE FIVE MINUTES EARLY TO DROP OFF, ARRIVE ON TIME TO PICK UP YOUR CHILDREN, CONTACT THE OFFICE STAFF AND ADVISE OF YOUR EXPECTED ARRIVAL TIME IF YOU WILL BE LATE TO PICK UP OR DROP OFF, NOTIFY THE OFFICE BEFOREHAND IF SOMEBODY OTHER THAN USUAL WILL BE PICKING UP YOUR CHILD, NOTIFY THE OFFICE IF YOUR CHILD NEEDS TO LEAVE EARLY.

PHOTOGRAPH / VIDEO POLICY

SHIRE GYMNASTICS DOES NOT ALLOW PHOTOGRAPHY FROM ANY SPECTATORS UNLESS PRIOR PERMISSION FROM THE CLUB, FELLOW PARENTS/ GUARDIANS AND CHILDREN. FLASH PHOTOGRAPHY IS PROHIBITED AT ALL GYMNASTICS NSW & AUSTRALIAN COMPETITIONS. GYMNASTICS NSW PERMITS PARENTS AND SPECTATORS TO TAKE PHOTOGRAPHS & VIDEOS FROM THE SPECTATOR AREA PROVIDED ALL SHOTS ARE APPROPRIATE. PARENTS SHOULD ONLY TAKE IMAGES (STILL AND MOVING) OF THEIR OWN CHILDREN.

GYMNAST ONLY AREAS

PLEASE BE AWARE THAT GYMNAST TRAINING AREAS ARE OUT OF BOUNDS FOR PARENTS, SIBLINGS & CAREGIVERS. THIS IS FOR THE SAFETY OF OUR GYMNASTS AND YOURSELVES. PLEASE REMAIN IN THE FOYER/ OUTSIDE WHEN PICKING UP/ DROPPING OFF.

CLOSED TRAINING SESSIONS

SHIRE GYMNASTICS PROMOTES A CLOSED-DOOR ENVIRONMENT. WE FEEL THIS IS THE BEST ATMOSPHERE FOR THE DEVELOPMENT OF GYMNASTS AND YOUNG ATHLETES WITHOUT DISTRACTION. OUR FACILITY DOES PERMIT PARENTS IN VIEWING AREAS BUT WE ASK THAT CONTACT WITH THE COACHES AND GYMNASTS DOES NOT OCCUR DURING TRAINING TIMES.

WATER AT GYM

GYMNASTS ARE TO BRING A LABELED BOTTLE OF WATER TO EVERY LESSON. PLEASE, ONLY WATER IN THE GYM, WE WOULD LIKE OUR MATTING TO STAY CLEAN.

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ABSENCE

AS A MATTER OF COURTESY, PLEASE NOTIFY SHIRE GYMNASTICS VIA EMAIL OR PHONE IF YOUR CHILD WILL BE ABSENT WHEN EXPECTED AT THE GYM.

MEETING WITH COACHES

IF YOU WOULD LIKE TO DISCUSS ANYTHING WITH YOUR CHILD'S COACH, WE ASK THAT YOU ARRANGE A MEETING WITH THEM.

PLEASE DO NOT CALL COACHES AWAY FROM THEIR SQUADS DURING TRAINING HOURS OR KEEP THEM AFTER CLASS.

PRIVATE LESSONS

WE OFFER 1 HOUR, ONE ON ONE SESSIONS FOR ANYONE WANTING MORE INDIVIDUALISED TIME WITH THEIR COACH. (THIS IS ONTOP OF THEIR CURRENT TRAINING HOURS)

THE FEE FOR PRIVATE LESSONS IS \$50 PER HOUR, PAID DIRECTLY TO THE COACH IF THE SESSION IS RUN DURING OPEN GYM HOURS.

IF THE PRIVATE LESSON IS RUN OUTSIDE OPEN GYM HOURS THEN IT WILL BE A FEE OF \$70 (\$50 TO THE COACH AND \$20 TO SHIRE GYMNASTICS)

