

# **Rimbey Gymnastics Society**

## **Parent Handbook**

Updated/ Approved April 23,2026

### **What to Wear**

-Girls are encouraged to wear a body suit. Elastic waist shorts or leggings worn over gym suits are acceptable but no skirts/skorts.

-Boys should wear a fitted T-shirt or tank top and fitted shorts with elastic waistbands.

- All attire should be free of zippers, snaps or metal buttons.

-Bare feet are best; however, any exposed warts must be covered by tape, dance slippers or socks with sticky soles.

-Any athlete with medium or long hair must have it pulled back far away from their face, braids or low ponytails are best. Please no bobby pins, head bands, hard barrettes or bulky ties as they hurt the head when doing certain gymnastic skills.

-There is also no jewelry to be worn by the gymnast during class, including watches. Small ear studs are acceptable. Please remove all body piercings when doing gymnastics. It is best to leave all valuables at home as we will not be responsible for them.

-Coaches will enforce this dress code to maintain the safety of our athletes and our coaches, as well as to protect our equipment. The supervising coach has the final say, and improperly attired athletes may not be allowed to participate.

-Please bring a bag to keep your clothing in, as well as a non-spill water bottle.

### **Discipline in the Gym**

Discipline in the gym is vital if injuries are to be kept to a minimum. Athletes are expected to be attentive to coaches, kind to others and respectful of the equipment and facilities.

Disruptive or distracting behavior is not acceptable. The disciplinary protocol is as follows:

- A verbal warning will be given.
- Time out of the group (within close proximity).
- Time out of the group and parent contacted.
- One class suspension (without a refund).
- 2-3 class suspension (without a refund).
- Long term suspension. If behavior continues to occur, and if no solution is found, the result may be final dismissal from the program without a refund.

Please make sure your child knows what is expected of them. You may also come to watch your child (from our viewing window) during class to ensure proper behavior. If a coach must reprimand a child, it takes time away from other children.

### **Athlete Illness**

Due to a severe anaphylactic allergy of staff and athletes, we are a **nut free** facility. Athletes, parents, visitors, or any person entering the gym MUST NOT bring any nut product into the facility. Please refrain from consuming or coming into contact with nuts on the days you will be attending gymnastics class.

Please keep your child at home if they are not feeling well or are displaying any symptoms including:

- Fever
- Cough
- Shortness of breath
- Runny nose
- Headache
- Ear or sinus pain

For the health and safety of our participants and coaches, we reserve the right to remove any athlete from a class if we feel they are unable to participate due to illness. The parent/guardian will be contacted and asked to take their child home.

Participants must not attend class if they have any communicable skin infections or diseases until they are treated, and the infection is no longer contagious. This includes but is not limited to warts, athlete's foot, ringworm, chicken pox, hand foot mouth disease etc.

Parents are responsible for ensuring that their children can meet the physical demands of participation in the gymnastics program in which they are enrolled. Due to the dangerous nature of the sport please disclose as much information as possible regarding your child's health and medical history.

**Fundraising:**

Participation in fundraising is mandatory, or a fee can be paid to cover your fundraising cost. Fundraising helps us purchase new equipment and keeps our class costs down.

**Emergency plans:** emergency exit plans/phone numbers are posted on the walls of the club. Muster Point is marked. Coaches are aware of emergency plans in place.

**The Rimbey Gymnastics Society has policies on class registrations, class cancellations, grievances, and more. These policies are posted on our website. A paper copy is available upon request.**