

**BLACKWOOD COMMUNITY RECREATION ASSOCIATION INC.**

**BLACKWOOD GYMSPORTS**

**GYMNASTICS PROGRAMME**

**HANDBOOK**

**2020**



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## Blackwood Community Recreation Association Inc. Blackwood Gymsports

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#### **Blackwood Gymnastics Programme**

As Above

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**Blackwood Gymsports is affiliated through the  
Blackwood Community Recreation Association Inc. with  
Gymnastics South Australia (GSA)  
Gymnastics Australia (GA)**

All coaches are accredited with Gymnastics Australia

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## Welcome to Blackwood Gymsports

Blackwood Gymsports commenced in 1903 as the Blackwood & Belair Boys Club. It has evolved over the years to become Blackwood Gymsports covering the disciplines of Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG), Trampoline Sports and Gymnastics For All our non-competitive programme. Blackwood Gymsports operates out of the Blackwood Community Recreation Centre in Eden Hills.

Blackwood Gymsports is responsible for providing a nurturing environment that is conducive to the development and enjoyment of athletes young and old. Our club is a socially responsible and fun community based sports club which takes the responsibility of its athletes seriously and applies structured management to ensure long-term sustainability.

Our club is run by a generation of enthusiastic, yet experienced coaches; long has it been the culture of our club to be taught how to coach from a young age as part of our mentoring program. This tradition still holds today as we have volunteer coaches who seek to improve their skills and junior/senior coaches who are qualified.

Our culture of participation, enjoyment and honest effort has helped develop a club that we are more than proud to call our own and one we know you will enjoy and take pride in being part of.

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## System of Governance

Blackwood Gymsports is a program operated by the Blackwood Community Recreation Association Inc. (BCRAI).

BCRAI is run by a volunteer Board of Management.

Blackwood Gymsports - Gymnastics Program and Trampolining Program are administered by committees. These committees are deemed to be sub-committees of the BCRAI in accordance with the BCRAI Constitution.

BCRAI Board of Management consists of a President, Vice-President, Secretary, Treasurer, Blackwood Lions Club Representative, Blackwood Rotary Club Representative, City of Mitcham Representative and 3 general committee members.

The Board meets monthly on the third Thursday.

The Gymnastics Program sub-committee meets as required.

Trampoline Sports sub-committees meet as required; see separate Trampoline Sports Handbook <https://goo.gl/F9zsss>

## Administration

The day to day management of the centre is undertaken by a

Manager – Margaret Cuthbertson

Assistant Manager – Tyler Simmons

Gymnastics Program Co-ordinator – Pat Porter

Finance Officer – Diana Atkinson

## Gymnastics SA (GSA)

Blackwood Gymsports is affiliated with Gymnastics SA through the BCRAI.

All Clubs who are affiliated with GSA receive assistance and advice regarding administration, membership, education and promotion as well as being eligible to enter athletes in Gymnastics SA and Gymnastics Australia sanctioned events at a National and International level. Gymnastics SA provides a link between clubs and Gymnastics Australia.

Each Gymsport has a Sports Management Committee who meets regularly to oversee the smooth running of their sport including technical and administrative rules and requirements, liaising with GSA and GA, scheduling and running competitions and events, coach and judge education and the keeping of athlete's competition statistics.

## Gymnastics Australia (GA)

Gymnastics Australia is the governing body of all Gymsports in Australian states and territories. Their vision is to promote and increase participation in gymnastics from the grass roots to elite level by providing quality programmes, products and services. They provide support, assistance and resources to the state bodies, affiliated clubs and their athletes.

## Federation Internationale De Gymnastique (FIG)

FIG is the world governing body of competitive gymnastics. They are based in Switzerland and provide education, training and support for athletes and officials. FIG is responsible for establishing the set of rules known as The Code of Points, which states the criteria and performance standards against which athletes are judged. They are also responsible for the organisation of the World Gymnastics Championships and the gymnastics events of the Olympic Games and the standards of apparatus to be used known as the FIG Apparatus Norms.

## Useful Links

Gymnastics SA - [www.gymsa.com.au](http://www.gymsa.com.au)

Gymnastics Australia - [www.gymnastics.org.au](http://www.gymnastics.org.au)

FIG – [www.FIG-Gymnastics.com](http://www.FIG-Gymnastics.com)

## COACHING STAFF

Coaches are paid by the BCRAI and are deemed to be employees of the Association.

### Trampoline:

**Head Coach Trampoline Sports** – Daniel Lynch

Coaches – Nikita, Gabby, Mia, Claire, Natalie, Dylan, and Michaela (Tumbling)

### Gymnastics:

**WAG Levels Co-ordinator**- Skye Footner

Coaches – Reza, Skye, Dylan, Jane, Sophie, India, Kate, Tierney, Jessica, Tabatha,

**MAG Levels Co-ordinator**- Rhys Hickman

Coaches – Rhys, Reza, Imogen, Tyson, Joel, Daniel

**GFA Coordinator** – Brenton Dicker

Coaches – Andrew, Brenton, Cameron, Gabby, Elyse, Reza, Jodie, Imogen, Michaela, Kate, Sophie

**Kindergym Coordinator** – Carol Alford

Coaches – Carol, Kat, Monica

All coaches undergo training and are required to update their accreditation each year, hold current Apply First Aid Certificate and Criminal History Screening (DHS Screening Checks).

All staff are trained in providing Child Safe environments & at minimum have completed all Gymnastics Australia Child Safe courses.

**Member Protection Information Officers** – Daniel Lynch (Head Coach Trampoline Sports) Brenton Dicker (GFA Co-ordinator)

They are your first contact point for any issues that may arise in relation to harassment, bullying, victimisation, discrimination or child protection.

## Blackwood Gymsports Programs

### Competition Gymsports

**Men's Artistic Gymnastics (MAG)** is a strength building sport for boys that enhance coordination and agility. It develops positive and confident body movements and challenges the mind. Men compete in 6 apparatus; Floor, Pommel, Rings, Vault, Parallel Bars and High Bar. This sport helps to develop health minds and bodies for now and in the future.

**Women's Gymnastics (WAG)** is a dynamic sport for girls involving a variety of skills on the four apparatus: Vault, Uneven Bars, Balance Beam and Floor Exercise. This Gymsport develops a high level of flexibility, strength, fitness and dance. Our girls compete at both state and national events.

**Trampoline Sports** consists of four elements – individual trampoline, double mini trampoline, synchronised trampoline and power tumbling. It caters for both boys and girls in a safe environment focussing on the progression of aerial skills. Trampoline sports develop a high level of body and aerial awareness.

### Gymnastics for All (GFA) Gymsports

**Kindergym** is a multi-movement based program designed specifically for children 5yrs and under and their caregiver.

The program promotes the development of the whole child – physically, socially, emotionally and cognitively, in a safe, structured, multi-sensory environment, indoors.

Learning through play in a stimulating, non-competitive environment assists children to develop to their full potential in readiness for kindergarten, school and sports.

Each session is directed towards empowering your child with the skills and confidence to hang and swing, spin, balance, skip, climb, throw, crawl and jump. It helps to provide the foundations for a lifetime of positive attitudes towards physical activity. While having fun, children learn to move and move to learn.

**Junior Gymfun 4-5 yr olds:-** During Junior Gym the gymnastic techniques explored in Kindergym will be further developed with some parental assistance. There will still be elements of the original Kindergym; however, a stronger focus will be made on improving coordination and building muscle strength. In a fun safe environment your child will begin to learn a diverse range of gymnastic skills with and without your help.

**GymFun 5-8 yr olds:-** Fun is a key element in this program. If kids are enjoying what they're doing, they're more likely to want to stick with it. As long as they are safe and repeating skills / activities with great body control, we're happy for kids to practise as much as they like! In GymFun, we focus on the fundamental movement patterns that will help kids to then progress into more advanced skills or activities. Just like KinderGym, the games and activities in GymFun are safe and encourage kids to work with others, cooperate and build self-esteem.

**Gymskills 9-12 yr olds:-** As children develop their movement skills, we can begin to introduce activities that may be more specific to certain sports. Now that's not to say that GymSkills gets all serious and competitive. One thing that GymSkills definitely isn't is a range of repetitive drills and rigorous fitness training. Yes, kids involved in GymSkills will improve their fitness but keeping fun in the mix is a priority. After being involved in GymSkills, children will have had the opportunity to increase their confidence and competence in movement; preparing them for a wide range of other sports and activities including moving to our Intermediate or Advanced classes

**GFA Intermediate/Advanced** –These classes are run for gymnasts who wish to challenge themselves. Classes are well structured with a progression of skills, flexibility and strength.

**Adult Gymnastics** caters for those of us who want to experience what their children do as well as for retired gymnasts who just can't give it away. Adult classes are available for general fitness or 'Masters' competitions.

## Accreditation

Blackwood Gymsports is LaunchPad accredited. LaunchPad is a joint national initiative between Gymnastics Australia and the Australian Sports Commission to increase participation in physical activity for 0 – 12 year olds through fundamental movement skills required in all types of physical activity and hopefully to lead a happy, healthy life.

By participating in a LaunchPad program children will develop their fundamental movement skills strength and fitness all while having a great time. Furthermore, LaunchPad programs are not just a work out for the children's bodies but also for their brains, with activities designed to benefit learning, concentration and brain development. LaunchPad also helps develop children's social skills through team work and cooperation.

The LaunchPad logo recognises quality programs that develop fundamental movement skills in a fun environment. All programs, which fall under the LaunchPad initiative, are conducted by accredited coaches who aim to give all children a fun, exciting and educational introduction to gymnastics and movement.



*Gymsports provides a "launch pad" into life.....into sports, education, health and a happy childhood!*

## Expectations on joining Blackwood Gymsports

What can gymnasts and parents expect from Blackwood Gymsports - Gymnastics program?

- The gymnast can expect the dedication of their coaches to the task of developing their gymnastic ability to their maximum potential. Additionally they can expect that the coaching staff will abide by professional and ethical standards of the highest degree.
- No guarantees can be made regarding the outcomes of competitions or the level of competence to which a gymnast will rise. We can only assure you that the programs we put in place will give your child the best chance to maximise their own potential if correctly followed with effort, persistence and determination.

What are the expectations of a gymnast & parent when joining a class?

- The gymnasts will be expected to arrive on time, follow instructions, and apply themselves to the program.
- Parents are expected to be supportive, ensure that adequate sleep and a nutritious diet are provided, and ensure that their child arrives at the appropriate time and is picked up on time.
- Both children and parents are expected to abide by their respective rules at the back of this book.

## Assumption of risk

Like any sport or physical activity, participation in gymnastics carries an inherent risk of injury. Because many gymnastics activities require inversion (turning upside down) of the body, the sport by its nature carries a risk of head and spinal injury. This risk is greatly controlled in a supervised class with a qualified and experienced instructor. Parents should explain this risk to their children prior to accepting membership.

## Emergency Procedures

### Emergency Evacuation

In the event of a fire, explosion or any other need to immediately evacuate the facility, each coach will take full responsibility to evacuate their group. They will ensure that any athletes, who are a part of the group, but not with that group at that time, are collected from where they are (eg toilet or other training area) and evacuated with their group. Parents and visitors to the gym are to evacuate with the athletes to the assembly area. See evacuation plan on page 9.

Parents **MUST NOT** remove an athlete from the group until they are in the assembly area and they have been accounted for by their coach.

**The Chief Warden will be the Senior Blackwood Recreation Centre staff member on duty.**

#### **If the Fire Alarm sounds:-**

- Chief Warden will go to the fire panel located next to the main entry doors and read the display panel identifying what area has activated the alarm.
- Chief Warden will delegate a staff member (or volunteer) to check the identified location for obvious signs of smoke.
- Chief Warden will delegate another staff member (or volunteer) to advise patrons in the building to stay where they are and wait for further instructions. They should be advised of their nearest safe exit and told to prepare to evacuate.

**NB – Due to the high noise level of the siren in the Gymsports Hall, this room is to be evacuated on each occasion, regardless of there being smoke or immediate danger, until Emergency Services attend and turn off the siren.**

- Chief Warden will delegate a staff member (or volunteer) to guard the entry doors to the building to prevent people from entering until the all clear is given.
- Upon arrival of Emergency Services the Chief Warden will brief the officers of the situation and handover control to them.

#### **If no smoke or immediate danger is detected**

- The Chief Warden will delegate staff to advise patrons that there is no immediate danger and they should stay in their rooms but be ready to evacuate if the situation changes.
- On arrival of Emergency Services the Chief Warden will brief the officers and handover control to them.
- Once the situation is assessed and Emergency Services officers give the all clear, the Chief Warden will delegate staff to advise patrons that the emergency is over and they can resume normal activities.

#### **If smoke or immediate danger is detected:-**

- Chief Warden will order immediate evacuation of the building and remain at the fire panel.
- Chief Warden will delegate staff and / or volunteers to advise patrons in the Gymsports Hall, sports stadium, fitness studio, crèche, studio 2 and upstairs offices that evacuation is necessary through the nearest safe exit.
- Instructors in those areas will escort patrons out of the building to the assembly point on the school oval and await further instructions. Coaches are to escort their group to the assembly area and bring the roll book to check that all athletes are accounted for. Athletes must remain with their group until they have been accounted for.
- Staff will report back to the Chief Warden once all areas are evacuated and then leave the building by the safest emergency exit.
- Chief Warden will leave the building locking the front doors and moving to the assembly area to await arrival of Emergency Services
- On arrival of Emergency Services the Chief Warden will brief the officers of the situation and handover control to them.

## Evacuation

### What is evacuation?

Evacuation is the **SAFE MOVEMENT** of people from an area of danger to an area of safety.

If there is an emergency you may be evacuated to a safer area away from the building.

### Evacuation of Able Bodied People

All able bodied people will, when instructed by the Chief Warden or following activation of the fire alarm, evacuate the building immediately through the **NEAREST SAFE EXIT**. If the emergency in your area dictates **immediate** evacuation, you are to do so and inform the senior staff member as soon as possible.

### Evacuation of Mobility Impaired People

Mobility impaired people will be assisted to evacuate the building. If immediate evacuation is not possible they should wait at the exit – not blocking the exit. The Chief Warden or delegated person will be there to assist. If it is not possible to remove the mobility-impaired person from the building, the Chief Warden or delegated person will remain with the person (if safe to do so – do not put yourself at risk) until emergency services arrive to assist or delegate a staff member to assist.

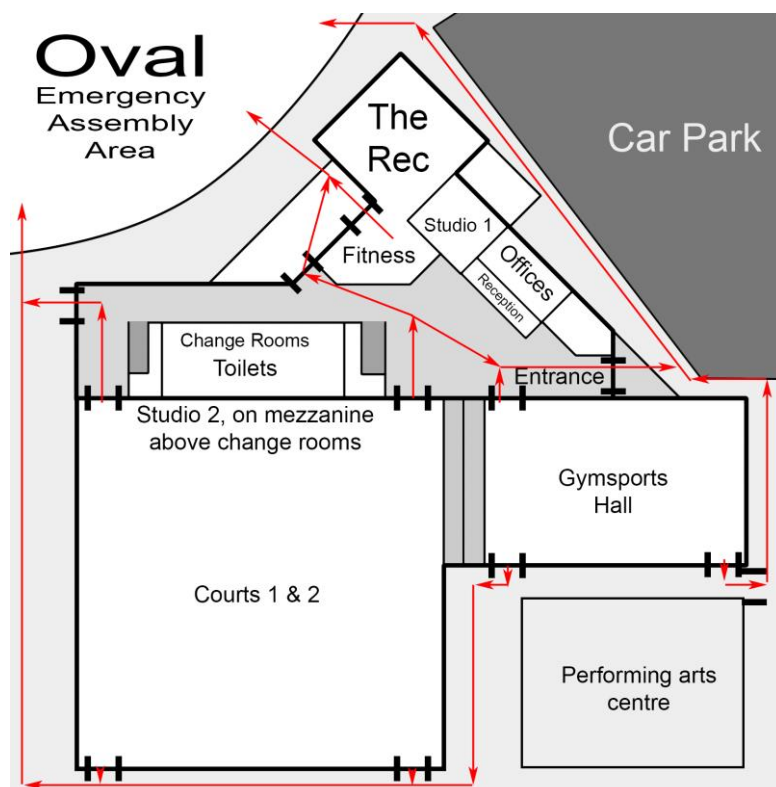
### Main Assembly Area

The main assembly area is the school oval on the Western side of the building.

This location may change depending on the nature of the emergency and the Chief Warden will advise people should evacuation be necessary.

### Nearest Safe Exits:-

- Emergency exit doors on the eastern side of Main Stadium
- Front entrance off the central foyer
- Emergency Exit door adjacent the entrance to the Fitness Studio
- Exit doors at Southern end of main corridor
- Emergency exit doors on the eastern side of the Gym Hall



## **POLICIES**

The Blackwood Recreation Centre Gymsports Program has adopted the Gymnastics SA & Gymnastics Australia (GSA) Member Protection Policy, Child Safety Policy and Privacy Policy.

All members must read, understand and abide by these policies as a condition of joining the program. This ensures that you, your child and all staff/volunteers are protected at all times.

As well as these policies, which are reproduced in the handbook, the Board of Management has ratified other policies including, Health and Safety policy, Accident reporting and investigation policy, and Grievance Resolution Policy and Communications policy. These policies are more relevant to staff however they are available for members to read at any time and are available at Reception.

All Policies are reviewed annually in November.

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### **Privacy Statement**

Blackwood Community Recreation Association Inc. (BCRAI) is committed to providing its members with the highest degree of service. This includes protecting your privacy.

The Commonwealth Privacy Act 1988 sets out a number of principles concerning the protection of individuals' privacy, and BCRAI is now bound by these principles.

The aim of the laws is to ensure that organisations manage personal information responsibly, and provide a consistent approach to its collection, use and disclosure. The laws also provide individuals with rights to access their personal information and to change it, if needed.

The Privacy Act requires us to communicate the following important information to all our customers, regarding the use of your personal information.

### **What is personal information?**

Personal information is information about an individual who can be identified, or whose identity could be reasonably ascertained from the information.

### **How we collect personal information**

BCRAI collects personal information in order to deliver and enhance the services we offer our members. We collect personal information from you when you do any of the following:

- register as a participant in an activity
- register to become a technical member
- are awarded life membership of BCRAI
- register your child as a member of our Gymsports programme
- enter a GSA event or programme
- are selected to represent BCRAI in a State or National team
- participate in a Blackwood Gymsports/GSA course
- request information from us
- provide information to BCRAI staff or volunteers
- participate in a BCRAI survey
- are employed by BCRAI, or volunteer to work for BCRAI
- email BCRAI or Blackwood Gymsports or any staff member

### **How we use personal information**

We will only collect information, which is necessary for us to carry out our primary purpose of providing services relating to membership, education, events, and merchandise. Your personal information may be used for the following purposes:

- To provide you with the services you require or have requested
- For internal accounting and administration
- For regulatory reporting and compliance
- To identify you so that we can inform you about future services, products, events, etc.

You can advise BCRAI at any time, by writing to the Centre Manager directly, if you do not wish to receive information about services or products, or if you do not wish us to disclose personal information to any other organisation, including related organisations. Unless you advise us otherwise, you confirm agreement to the above uses of your personal information.

If you choose not to provide BCRAI with personal information, we may not be able to provide you with the services you require, or are entitled to, nor may we be able to provide service at the level on which we pride ourselves.

### **When we disclose personal information**

We may disclose personal information to other organisations, which assist us in providing service to members and customers.

These organisations may include:

- Outsourced service providers who manage the services we provide to you, including insurers and insurance brokers.
- Professional advisers, including accountants, auditors and lawyers
- Government and regulatory authorities and other organisations, as required or authorised by law.
- National Gymnastics Organisation (Gymnastics Australia), and
- State Gymnastics Organisation (Gymnastics South Australia Inc.)

We limit the use and disclosure of any personal information provided by us to such organisations for the specific purpose for which we supplied it. When you provide us with information about other individuals, we rely on you to make them aware that you are in turn providing that information to us, the purposes for which we use that information, the types of third parties to whom we may disclose that information, and how they can access it.

### **Storage and security of personal information**

BCRAI stores personal information on computer databases. Your personal information may also be held in paper and electronic computer file form. We have security measures in place to provide reasonable protection for your personal information, against misuse, loss or unauthorised handling.

### **Accuracy of personal information**

We take reasonable steps to ensure that whenever we collect, use or disclose personal information, it is accurate, complete and up to date.

### **Access to personal information**

You have a right to access your personal information, subject to some exceptions allowed by law. If you would like to access your personal information, please write to the Centre Manager. You may also advise BCRAI at any time of any possible breaches of your privacy, or about inaccurate, incomplete or out-of-date information.

## **Member Protection Policy**

**Member Protection Information Officers** – Daniel Lynch (Head Coach Trampoline Sports) and Brenton Dicker (GFA Coordinator)

They are your first contact point for any issues that may arise in relation to harassment, bullying, victimisation, discrimination or child protection.

### **1. Policy Statement**

- 1.1 Blackwood Community Recreation Association Inc. (the Association) is committed to providing a sport and work environment free of discrimination and harassment (sexual or otherwise) where individuals are treated with respect and dignity. The Association will not tolerate discriminatory or harassment behaviour under any circumstances. Where such action is brought to the attention of the Association, it may, at the discretion of the Board, and taking into account expert advice that may be sought from time to time, take disciplinary action against anyone who breaches this Policy.
- 1.2 The Association is committed to ensuring that the safety, welfare and wellbeing of children are maintained at all times during their participation in activities run by Blackwood Gymsports. Accordingly, any person involved in the management or coaching of any member under the age of 18 years will be asked to undergo screening procedures including police and other probity checks.

### **2. Policy application**

- 2.1 This Policy applies to all members of the Blackwood Gymsports, employees, officers, administrators, volunteers, coaches, leaders, judges, athletes and officials (members).
- 2.2 This Policy applies equally to Members involved in each of the Club's Gymsports, including, Women's Gymnastics, Men's gymnastics, Gym for All, Kindergym, Junior GymFun, Tumbling, and Trampoline Sports.
- 2.3 The Policy applies to behaviour occurring both within and outside the course of the Club's business, activities and events, when the behaviour involves Members and negatively affects relationships within the Club's sport and work environment.

### **3. Policy coverage**

- 3.1 Discrimination and all forms of harassment are unlawful under federal, state and territory law. People engaging in such conduct can have legal action taken against them under these laws. In some cases, legal action can also be taken against the organisation for which they work or represent. For this reason, the Club has a legal responsibility to ensure that discrimination or harassment does not occur in the course of any of the Club's activities.
- 3.2 The law is always the minimum standard for behaviour within the Club and therefore any criminal offence will be reported to the appropriate authorities.

### **4. Discrimination**

- 4.1 It is unlawful to treat anyone unfairly on the basis of various attributes or personal characteristics in key areas of public life.
- 4.2 A Member must not treat a person less favourably than another person on the basis of an attribute (such as race, gender, age, marital status, sexuality, pregnancy or intellectual or physical impairment) than someone else without that attribute in the same or similar circumstances.
- 4.3 Indirect discrimination is also unlawful. This means that a Member cannot impose a requirement, condition or practice that is the same for everyone, but which has an unequal or disproportionate effect or result on particular groups. Unless this type of requirement is reasonable in all the circumstances it is likely to be indirect discrimination, even if there was never any intention to discriminate.

### **5. Harassment**

- 5.1 Harassment can take many forms but can generally be defined as unwelcome verbal or written comments, conduct, or gestures directed toward an individual or group of individuals that the harasser

knows, or should reasonably be expected to know, is insulting, intimidating, humiliating, malicious, degrading or offensive.

- 5.2 Sexual harassment is behaviour that has a sexual element that is unwelcome and could reasonably be expected, in the circumstances in which it occurs, to offend, humiliate or intimidate the person or people at whom it is directed.
- 5.3 A Member must not engage in any form of harassment, including:
- written, verbal or physical abuse or threats;
  - unwelcome physical contact;
  - the display of offensive materials
  - promises or threats in return for sexual favours;
  - unwelcome sexual comments, jokes or propositions
  - homophobic comments or behaviours; or
  - Jokes or comments directed at a person's body, looks, age, race, disability, sexuality, marital status or pregnancy.

## **6. Intimate relations**

- 6.1 Blackwood Gymsports takes the view that intimate sexual relationships between coaches and athletes, while not necessarily constituting unlawful harassment, can have harmful effects on the individual athlete involved, on other athletes and coaches, and on the sport's public image.
- 6.2 Because there is always a risk that the relative power of the coach has been a factor in the development of such relationships, the Club takes the position that coaches working at all levels should avoid such relationships.
- 6.3 Should a sexual relationship develop between an athlete and a coach, the Club will investigate whether any action against the coach is necessary. If the Club determines that the sexual relationship is inappropriate, action may be taken to terminate the coaching relationship with the athlete. Action may include transfer of the coach or, if this is not feasible, a request for resignation or dismissal from employment or coaching duties.
- 6.4 In the event that an athlete attempts to initiate an intimate sexual relationship, the coach must take personal responsibility for discouraging such approaches, explaining the ethical basis for such action.
- 6.5 The law is always the minimum standard for behaviour within the Club and therefore sex with a minor, of either the same or the opposite sex, is a criminal offence and will be reported to the appropriate authorities.

## **7. Victimisation**

- 7.1 A Member must not subject any person to victimisation.
- 7.2 Victimisation means subjecting a person, or threatening to subject a person, to any detriment or unfair treatment because that person has or intends to pursue his or her right to make a complaint or support another person in making a complaint against another person.

## **8. Child protection**

- 8.1 Members must not employ or engage a person (whether paid or unpaid) to coach or otherwise supervise a child under the age of 18 without first:
- (a) requiring that person to disclose whether or not he or she has been convicted of a serious sex offence; and
  - (b) Conducting a police or other appropriate probity check on that person.
- 8.2 A Member must notify the appropriate authorities (such Families SA or SA Police Department) of:
- (a) any applicants for employment that the Member rejected as a result of risks identified through screening processes; and
  - (b) The name and other identifying details of any person against whom relevant disciplinary proceedings have been completed by the Member in relation to child abuse (sexual or otherwise) irrespective of the findings.

- (c) All employees and volunteers must complete the Play by the Rules online course for Child Protection and Harassment and Discrimination and or the equivalent Gymnastics Australia Child Safe Courses.

## **9. Roles and responsibilities**

This section specifies the roles and responsibilities of all Members. In some cases, particular classes of Members have the additional roles and responsibilities that are also specified below.

### **9.1 All Members**

A Member must:

- (a) comply with this Policy
- (b) make complaints about a breach of the Policy in accordance with the Association's Complaints Handling Procedure;
- (c) submit to the Complaints Handling Procedure if an allegation is made against that Member;
- (d) not make any frivolous or vexatious claim that another person is in breach of this Policy; and
- (e) Conduct themselves in a proper manner so as not to bring that Member, the Club, the Association or the sport generally into disrepute.

### **9.2 Administrators**

Administrators must ensure that the organisation he or she is employed or engaged by:

- (a) Provides and promotes an environment free from discrimination and harassment in relation to its employment functions, its membership eligibility and any supply of goods and services.
- (b) distributes, promotes and implements this Policy and Complaints Handling Procedure;
- (c) encourages reporting of discrimination, harassment or child abuse, regardless of who the offender might be, and that appropriate training is provided to those who manage and implement this Policy; and
- (d) Deals with complaints in an impartial, sensitive, timely and confidential manner.

### **9.3 Coaches**

Coaches must:

- (a) comply with the Coaches' Code of Ethics
- (b) understand and respect that as a coach he or she has considerable power and authority over athletes and should not abuse it;
- (c) avoid intimate relationships with athletes;
- (d) not exclude or treat less favourably any athlete from playing or coaching activities on the basis of an attribute or personal characteristic;
- (e) always assume that there are lesbian, gay and bisexual people on teams, and among the coaching and support staff, even if they have chosen not to identify themselves, and make it clear that the coach will not tolerate any prejudice based on sexual orientation; and
- (f) Avoid focusing on an athlete's disability unless this is the only way that the coach can find out what adjustments the athlete requires.

### **9.4 Judges**

Judges must:

- a) Comply with the Judges' Code of Ethics

## **10. Breaches and consequences**

Blackwood Gymsports undertakes to deal with any complaints of a breach of this Policy promptly, seriously, sensitively and confidentially. At any stage, it is the prerogative of the Complainant to proceed with, or dissolve, a complaint.

The following procedure is to be followed should a breach of this Policy become evident:

### *Procedural Steps*

- The breach should be formally reported to the Board for attention
- The Centre Manager will be empowered to address the breach specifically with the individual reported to have breached the Policy
- In the instance that the Centre Manager is reported to have breached the Policy, the President will address the matter with the Centre Manager directly
- Following an approach by the Centre Manager, should the behaviour continue, the President and one other Board Member will address the individual concerned (where the individual concerned is neither the President or Centre Manager)
- If no resolution is achieved, reports are provided to the full Board determine the appropriate course of action

## **11. Confidentiality and reporting**

11.1 Blackwood Gymsports administration is responsible for implementing this policy and will keep confidential the names and details relating to complaints, unless disclosure is:

- Necessary as part of the disciplinary or corrective process.
- Required by law.

## **Codes of Behaviour – Participant**

### **1. Statement of commitment**

As a member of Gymnastics Australia, Blackwood Gymsports and its members are required to comply with Gymnastics Australia's Member Protection Policy.

### **2. Roles and responsibilities**

In addition to Gymnastics Australia's General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Gymnastics Australia, Gymnastics SA or Blackwood Gymsports, and in your role as a participant in any activity held by or under the auspices of Gymnastics Australia, Gymnastics SA or Blackwood Gymsports.

### **3. Policy application**

1. Respect the rights, dignity and worth of fellow athletes, players, coaches, officials and spectators.
2. Do not tolerate act of aggression.
3. Respect the talent, potential and development of fellow athletes, players and competitors.
4. Care for and respect the equipment provided to you as part of your program
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. At all times avoid intimate relationships with your coach.
7. Conduct yourself in respectful manner relating to language, temper and punctuality.
8. Maintain high personal behaviour standards at all times.
9. Abide by the rules and respect the decision of the official, making appeals through the formal process and respecting the final decision.
10. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
11. Cooperate with coaches and staff in the development of programs to adequately prepare you for competitions at the highest level.
12. Advise your coach every time you want to leave the Gymsports Hall, to get a drink or go to the bathroom or if you are leaving class early.

### **4. Breaches and consequences**

Blackwood Gymsports will deal with any breach of the Codes of Behaviours Policy promptly, seriously and confidentially. Minor breaches of this policy will result in the offender being approached by the Head Coach / Centre Management, where the breach will be explained to the person and request for the offending behaviour to cease. Serious or continued breaches of this policy will result in the offender being removed from the Gymsports Hall and may result in cancellation of enrolment. If necessary and where appropriate SAPOL or other organisation may be involved.

## **References**

Junior Sport-Codes of behaviour

[http://www.playbytherules.net.au/assets/media/interactive/Junior\\_Sport\\_\\_Codes\\_of\\_Behaviour.pdf](http://www.playbytherules.net.au/assets/media/interactive/Junior_Sport__Codes_of_Behaviour.pdf)

## **Parent/Caregiver**

### **1. Statement of commitment**

As a member of Gymnastics Australia, Blackwood Gymsports and its members are required to comply with Gymnastics Australia's Member Protection Policy.

### **2. Roles and responsibilities**

As a parent/caregiver of a participant in any activity held by or under the auspices of Gymnastics Australia, Gymnastics SA or Blackwood Gymsports, you must meet the following requirement in regard to your conduct during any such event or activity.

### **3. Policy application**

1. Respect the rights, dignity and worth of others.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's effort and performance rather than winning or losing.
4. Parents must not exert undue influence to obtain personal benefit or reward.
5. Never ridicule or yell at your child and/or other children for making a mistake or losing a competition.
6. Show appreciation for good performance and skilful display by all athletes (including opposing athletes).
7. Respect officials' decisions and teach children to do likewise.
8. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons less than 18 years of age, as your words and actions are an example.
9. Do not physically or verbally abuse or harass anyone associated with the sport (other parents, gymnasts, coaches, judges, administrators and so on).
10. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
11. Be a positive role model.
12. Understand the repercussions if you breach, or are aware of any breaches of, this code of conduct.
13. Parents/guardians have the responsibility to ensure that the child is dropped off and collected from the gym Hall and not at the carpark.

### **4. Breaches and consequences**

Blackwood Gymsports will deal with any breach of the Codes of Behaviours Policy promptly, seriously and confidentially. Minor breaches of this policy will result in the offender being approached by the Head Coach / Centre Management, where the breach will be explained to the person and request for the offending behaviour to cease. Serious or continued breaches of this policy will result in the offender being removed from the Gymsports Hall viewing area and where appropriate SAPOL will be involved.

## **Reference**

Junior Sport-Codes of behaviour

[http://www.playbytherules.net.au/assets/media/interactive/Junior\\_Sport\\_\\_Codes\\_of\\_Behaviour.pdf](http://www.playbytherules.net.au/assets/media/interactive/Junior_Sport__Codes_of_Behaviour.pdf)

## **Coaches Code of Conduct**

### **1. Statement of commitment**

As a member of Gymnastics Australia, Blackwood Gymsports and its members are required to comply with Gymnastics Australia's Member Protection Policy.

### **2. Roles and responsibilities**

As a coach of a participant in any activity held by or under the auspices of Gymnastics Australia, Gymnastics SA or Blackwood Gymsports, you must meet the following requirement in regard to your conduct during any such event or activity.

### **3. Policy application**

1. Set a good example which others can follow.
2. Think Safe – act safe – be safe (you are responsible for the safety of your gymnasts).
3. Arrive in plenty of time to set up your activities and to check the safety of equipment and surrounds (eg matting, covers on guide wires etc)
4. Wear your uniform whenever you are coaching to distinguish yourself from the general public and to promote a professional appearance.
5. Remember always that children also participate for pleasure - winning is only part of the fun.
6. Keep yourself informed about sound coaching practices and the principles of children's growth and development.
7. Be reasonable in your demands on children's time, energy and enthusiasm - they need other interests too.
8. The successful coach invests in the well-being and interests of their gymnasts and does not place undue emphasis on their win/loss record.
9. Teach your group that honest effort is more important than victory so that the result of each training session and event is accepted without undue disappointment.
10. Never ridicule or shout at a child for making a mistake or losing.
11. Divide your time equally between all standards of gymnasts.
12. Ensure you and your gymnasts have respect for their opponents, the officials and opposing coaches and supporters.
13. Follow advice from a professional when determining if an injured gymnast is ready to come back into the gym to train or compete.
14. Take responsibility for the young people in your care until they have safely left the training session or competition. This includes leaving the training or competition area to get a drink or go to the bathroom.
15. Respect the rights, dignity and worth of fellow coaches, official, staff and parents.
16. Be responsible for updating and developing your knowledge and skills in relation to being a coach and keeping records of the courses attended.

### **4. Breaches and consequences**

Blackwood Gymsports will deal with any breach of the Codes of Behaviours Policy promptly, seriously and confidentially. Minor breaches of this policy will result in the offender being approached by the Head Coach / Centre Management, where the breach will be explained to the person and request for the offending behaviour to cease. Serious or continued breaches of this policy will result in the offender being removed from the Gymsports Hall and disciplinary action commenced. If necessary and where appropriate SAPOL will be involved.

## **Reference**

Junior Sport-Codes of behaviour

[http://www.playbytherules.net.au/assets/media/interactive/Junior\\_Sport\\_\\_Codes\\_of\\_Behaviour.pdf](http://www.playbytherules.net.au/assets/media/interactive/Junior_Sport__Codes_of_Behaviour.pdf)

## **Judges Code of Conduct**

### **1. Statement of commitment**

As a member of Gymnastics Australia, Blackwood Gymsports and its members are required to comply with Gymnastics Australia's Member Protection Policy.

### **2. Roles and responsibilities**

As a coach of a participant in any activity held by or under the auspices of Gymnastics Australia, Gymnastics SA or Blackwood Gymsports, you must meet the following requirement in regard to your conduct during any such event or activity.

### **3. Policy application**

1. Interpret rules and regulations fairly and to the best of your abilities.
2. Be consistent, objective and courteous in calling all infractions.
3. Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
4. Actions speak louder than words. Ensure that both on and off the floor your behaviour is consistent with the principles of good sportsmanship.
5. Make a personal commitment to keep yourself informed of any new or changing judging requirements and the principles of growth and development of children.
6. Help the education process in gymnastics. Judges can help gymnasts and coaches learn to maximize gymnasts potential by ensuring requirements are understood, and by encouraging good sportsmanship.

### **4. Breaches and consequences**

Blackwood Gymsports will deal with any breach of the Codes of Behaviours Policy promptly, seriously and confidentially. Minor breaches of this policy will result in the offender being approached by the Head Coach / Centre Management, where the breach will be explained to the person and request for the offending behaviour to cease. Serious or continued breaches of this policy will result in the offender being removed from the Gymsports Hall or other venue and where appropriate SAPOL will be involved.

## **Reference**

Junior Sport-Codes of behaviour

[http://www.playbytherules.net.au/assets/media/interactive/Junior\\_Sport\\_\\_Codes\\_of\\_Behaviour.pdf](http://www.playbytherules.net.au/assets/media/interactive/Junior_Sport__Codes_of_Behaviour.pdf)

## **Catastrophic Fire Day**

**In the event that the CFS declares a Catastrophic Fire Day for the Mount Lofty Fire Ban District; ALL activities will be cancelled and the Recreation Centre will be CLOSED.**

## Gymsports Fee Policy

**Gymnastics for All (GFA) program** - Kindergym, Junior Gymfun, Gymfun, GymSkills, Intermediate & Advanced GFA and Adult's Gymnastics.

**Competitive Levels program** - WAG, MAG and Trampoline Sports

Training fees, Gym SA registration fee and club levy are all payable prior to the start of each term via our online booking system Wellness Living. A subsidised fee for the hire of the Marion Training facility is payable for athletes/squads who train at this facility on a Tuesday evening.

The fee structure is set by Blackwood Community Recreation Association Inc.

The Gym SA registration fee includes an insurance component and more information can be obtained at <http://gymnastics.jltsport.com.au/>.

**All athletes must be re-enrolled EACH term as enrolments are not carried forward.**

### 1. Registration:

**New members** are to contact centre for online registration.

**Returning members** are to proceed to our online booking system Wellness Living.

**All members** are requested to update personal information annually.

**Registration pack** with general information will be made readily available.

### 2. Fees:

**Come' n Try – GFA only**

Participants must contact the Centre to ensure spots are available for which class/session they would like to attend. A fee of \$16 is payable on booking to secure a spot. If, after the session, you wish to continue, a payment of the term fee and GSA registration fee will need to be made to secure your spot for the remainder of the term for your preferred class and day. Please note that Come'n'try spots expire 24 hrs after the day and time of class booking.

Assessments for the Competition Program: Speak to Gymnastic Co-ordinators

#### **Term fees**

As per classes attending – see separate brochure for details

**Please note:** Any Annual fee increases will be based on the calendar year

**Marion Training Fee:-** Competition gymnasts who train at Marion on Tuesday nights are required to pay an extra fee of \$45 per term to contribute to the cost of hiring the GSA training facility.

**GSA Annual Registration:** (Fee is charged irrespective to when members join throughout the year).

- WAG, MAG, Trampoline Sports - \$75
- GFA/Recreational Participants - \$55
- Kindergym - \$10 per Term

#### **Family Club Levy**

To assist the clubs with fundraising for equipment etc a Levy is collected from each family once per term:

- Gymnastics- All Levels \$10
- Trampolining- All Levels \$20

### 3. Payment of Fees – All through our online booking system Wellness Living

1. **GFA term fees** are to be paid in full at the time of enrolment.
2. **WAG and MAG competition levels program** fees must be paid in full by either one of the facilities listed in Methods of Payment. The actual fee is determined by the number of hours each gymnast trains, including holiday training, as nominated at the start of each term in consultation with the coach.
3. It is acknowledged that some people may not be able to pay in full by the beginning of each term. Instalment plan options are available through the online booking system Wellness Living in the form of Direct Debit payments.

4. **Re-enrolment** All athletes need to re-enrol for all disciplines. Enrolments are not automatically carried over nor assumed to be attending from one term to the next.
5. **Priority enrolment week** is the last week of each term. If your child is returning for the next term, fees must be paid on line during the priority enrolment week, to secure a spot in the class of your choice. Failure to re-enrol during the priority enrolment week may result in your child forfeiting the position in their class of choice.

All members must be financial when returning for a new year/term.

6 **Methods of payment:**

- EFTPOS and Credit card facilities available –( VISA & MasterCard) through Wellness Living.
- Payment by cash or cheque made payable to: Blackwood Community Recreation Association Inc.
- Direct Debit facilities available- through Wellness Living or contact centre.

**All Gymsports enrolments are now taken online through Wellness Living.**

7. **Non-Payment of Fees**

If fees have not been received, or a payment plan put in place by the end of week 3 in any term, families will be contacted and the athlete will not be able to participate until such time as fees have been paid.

If member refuse to pay fees, an application will be made to the civil court to recoup monies.

All costs accrued will be added to the family in questions account.

8. **Refunds**

The following rules will apply:

Non-attendance at general training sessions due to illness, holidays, prior appointment etc., does not qualify a customer for a refund, transfer, credit or exchange against fees paid. Pre-payment of lesson fees and club levy, are a requirement to secure a class position in the preferred discipline.

Training fees do not include costs for events, competitions or any uniform related items. The fees are applied for the coaching/tuition provided and the use of the Centre's gymnastics related equipment.

Term Fees for the Competitive levels programs will not be refunded for Injuries sustained outside the Centre. Where an Injury has been inflicted during the course of training at the centre, a credit will be considered, as long as it is accompanied by a doctor's certificate detailing the nature of the injury and dates inclusive of recovery times. All injuries must be reported through the Accident reporting system and brought to the attention of Gymnastics coordinators and management. A doctor's clearance needs to be submitted before an athlete can return to training or attend trainings, whether partial or full, to the Head coach and Program Co-ordinator.

Family holidays or Interstate competitions do not warrant a refund of fees.

Applications for refunds must be received in a timely manner.

**GSA Registration fees are non-refundable.**

**Family Club Levies are non-refundable.**

## Competition Fee Policy

### Competition Sports - Men's Gymnastics and Women's Gymnastics

**Competition Fees** are an entry fee payable for participation in a competition and also include an administration fee. The cost of each competition is set by GSA and will be advised by a Coordinator or coach prior to each event.

Athletes will be emailed a Competition Entry Form one month prior to entries closing. This will include details of the date and costs of the competition, including administration fees where applicable. The Competition Entry Form and fee **MUST** be submitted by the due date as stated on the competition entry form. Late entries cannot and will not be accepted.

Please note that these costs are subject to change, as they are set by GSA, and we have no control over competition amounts. Coaches will notify athletes and parents of any changes to competitions.

**If the monies are not paid, athletes will not be entered into the competition.**

### REFUND

There is no refund for change of mind entries as per the GSA competition refund policy. A refund for a competition entry due to an injury or illness will only be considered when a doctor's certificate is produced within 14 days prior to, or after, the competition date. The medical certificate must cover the date of the competition and be submitted to Gymnastics S.A.

Please be aware that not all competition providers will provide a full refund for withdrawals, in which case, Blackwood Gymsports will be unable to pass on a full refund.

## Definitions

A customer is entitled to a refund if the goods:

- Have a fault that the customer could not have known about at the time of the purchase
- Do not do the job the customer was led to believe they would do
- Do not match the sample they were shown
- Are not as they were described.

<https://www.sa.gov.au/topics/business-industry-and-trade/running-a-business/selling-to-customers/sales-practices/refunds-to-customers>

## Grievance Procedure

### Statement

Blackwood Community Recreation Association Inc. (BCRAI) acknowledges that we have a duty of care to participants and is committed to the safety and wellbeing of all people who are involved in our activities and related events.

### Principles

- Everyone should be treated with respect
- Confidentiality should be maintained at all time
- At any stage, it is the prerogative of the Complainant to proceed with, or dissolve a complaint.

### Discussion

Should a complaint arise, Management encourages the Complainant to consider the following options:-

- a) Approach the person creating the problem and ask him or her to stop the behaviour.
- b) If the behaviour continues, or it is not possible to approach the person, contact either:
  - Team Captain or coach
  - Umpire/Referee on court
  - Umpire in Charge
  - Sports/ Gymsports Coordinator

### Steps

If you are a participant or spectator of a sporting activity:-

1. Approach the person creating the problem and ask him or her to stop the behaviour.
2. If the complaint is not resolved speak to the referee/umpire officiating at the time.
3. If the complaint is not resolved speak to the Umpire in Charge for the sport.
4. If the complaint is not resolved put your complaint in writing to the Sports Coordinator.
5. If the complaint is not resolved make an appointment with the Recreation Centre Manager.
6. If the complaint is not resolved within a reasonable time ask for it to be referred to the Management Committee.

If you are a participant or spectator of a fitness or leisure activity:-

1. Approach the person creating the problem and ask him or her to stop the behaviour.
2. If the complaint is not resolved speak to the Coach or Instructor in charge at the time.
3. If the complaint is not resolved speak to the Gymnastics Coordinator/Fitness Coordinator.
4. If the complaint is not resolved put your complaint in writing to the Recreation Centre Manager.
5. If the complaint is not resolved make an appointment to discuss the matter with the Recreation Centre Manager.
6. If the complaint is still not resolved within a reasonable time ask for it to be referred to the Board of Management.

## Participation **Safety Rules**

The following are the safety rules which must be followed by gymnasts, parents and siblings:-

1. No running in the gym AT ANY TIME.
2. After class, the gymnast must remain in the Gymsports Hall until collected by their parent/guardian.
3. Equipment may only be used by gymnasts under the supervision of a coach.
4. During class, the gymnast is to walk between pieces of equipment and run on the floor only when asked by the coach.
5. Gymnasts are to seek permission to leave the class at all times. If going to the bathroom advise your coach and take a "Bathroom Buddy". If the gymnast is leaving early, please ensure the coach is aware of this.
6. Food or drinks are not permitted in the Gymsports Hall except for drink bottles containing water.
7. No photography or videoing during training, unless permission has been granted from the management committee.
8. All bags and personal effects are to be neatly stored in the Lockers provided and not present a tripping hazard to other gymnasts and visitors to the club.
9. Please keep the Gymsports Hall free of clutter and rubbish. Put rubbish in bins provided.
10. If a gymnast is feeling unwell or is injured, please report this immediately to the coach. First aid equipment is available onsite.
11. In an emergency, coaches will try to contact parents but if necessary, the most appropriate medical assistance will be called upon including an ambulance (at the gymnast's expense), if deemed needed.
12. Blackwood Recreation Centre is a SMOKE FREE environment and no alcohol is allowed on the premises.
13. Parents/Caregivers must accompany children to and from the Gymsports hall
14. Parents/Caregivers are to keep siblings under control at all times. Equipment is only to be used by members during their session time. Children may be asked to leave or be charged a casual fee.
15. No jewellery and long hair must be tied back.

Parents/Caregivers are welcome to stay during session times to watch their child's progress in the parent viewing area provided. Please note that no chairs are to be taken into the Gym Hall at any time. Caregivers should ensure that the privacy and reputation of all athletes is preserved at all times and recognise the fun nature of gymnastics before the competitive. At no time should any athlete other than your own child be discussed with any other members. No photography allowed.

## Catastrophic Fire Day

**In the event that the CFS declares a Catastrophic Fire Day for the Mount Lofty Fire Ban District; ALL activities will be cancelled and the Recreation Centre will be CLOSED.**

## **Hand care**

All Gymnasts are asked to maintain their own personal hygiene and please wash their hands before entering the Gym hall and starting their classes.

Swinging by the hands often causes blisters. A blister which has broken while swinging is called a rip. Because the superficial layer of skin has been removed in the case of a rip, there is potential for infection. The hands should always be washed thoroughly following training to remove all chalk and dirt. Blisters should not be broken. If a blister has broken the area should be kept clean. To avoid hardening of the area which may cause cracking of the skin, vitamin E oil or cream should be applied to the area. This must be completely washed off before the gymnast comes into class. If the area appears to become infected please consult your doctor.

## **Uniforms**

Gymnastics for All

There is no specific uniform for GFA classes, but coaches do ask for comfortable clothing to be worn, which gives the athlete the ability to move about freely. T-shirts and shorts/leggings are recommended but No skirts or dresses.

Competitive Levels Programme

See MAG/WAG Competitive programme details on page 26

## **Changes to Coaching Staff**

While every attempt is made to give the children consistency in coaching staff, the Blackwood Recreation Centre reserves the right to change coaching staff, without prior notice.

## **Positions in Classes and Program Content**

Positions in any Levels class are offered at the discretion of the Wag/Mag/GFA Coordinators and may be withdrawn by the said Coordinators. Coaches are the correct people to make decisions about any gymnast's readiness to progress, the content of a program, training regimes, or any other coaching related matters.

## **Notification of Changes to Medical and Contact Details**

Parents must immediately notify the Blackwood Recreation Centre of any change in address, email or telephone contact details or any medical or disability information which may be significant to the coaching of their child.

## **Feedback**

Your feedback is important to us and we encourage all members to be forthcoming with any suggestions. These will be taken to the Board for review and if you wish to be notified of the outcome please include your details.

## **Volunteers**

Blackwood Gymsports values its volunteers and without their help many of the tasks, some of which take considerable manpower and time (such as moving equipment etc), would require us to pay contractors and our costs would be significantly higher.

We thank anyone who has assisted us in a volunteer capacity in previous years. The Board and sub-committees would like to take this opportunity to thank all our volunteers.

We also have a number of other volunteers who assist with coaching, fundraising, judging, building works, assisting during competitions and many other roles. We couldn't do it without you!

Thank you!

## WAG and MAG COMPETITIVE PROGRAM

There are many attributes that determine a child's readiness for competitive sport. Children are assessed physically, psychologically, emotionally, and in terms of their current skill base and prior learning.

To be competitive, a child needs to possess certain traits; to be asked to be part of a competitive squad is therefore an honour, and a reflection of all the hard work a child has gone to thus far with their gymnastics.

To be a part of a competitive program, gymnasts must be willing to train many hours to ensure they are the most prepared they can be for the competitions. They must understand that in order to pursue their best they must ensure that the hours they spend in the gym are very productive and that they do not waste valuable time.

To be part of a competitive program, parents must be prepared to commit to the costs and time associated with their child participating in the training schedule, hours, uniforms and competitions.

### Competition Attendance

As this is a competitive levels program attendance **is expected** at all competitions whether competing or not. Circumstances may be such that require discussion well in advance of the upcoming competitions as to the contrary. This is at the coach's discretion.

A full list of competition dates are at the end of this document.

**\*\*** Please note there are no classes held at the Blackwood recreation centre on competition weekends for the Levels/Squads that are competing either day on that particular weekend.

### How do competitions work?

- One month prior to a competition, you will receive an email from our administration, which will include Competition date and details of cost and closing date for entries.
- Payment must be made through trybooking.com site by the entries closing date stated on the entry form. Late entries will not be accepted.
- One week before a competition the Rotation roster will be emailed so you know the time your child/Squad will be competing.
- If your child wishes to withdraw from a competition after entries have been submitted to GSA and you seek a refund of the competition fee, an application must be made to GSA accompanied by a medical certificate.
- All competitions are held at Marion Leisure and Fitness Centre.

### Competition Volunteer Roles

Clubs are required to provide volunteers to assist in the running of competitions. These roles include:-

- Door Keeper (must be over 18)

Need to take entry fee and issue entry tickets. They must stay at the Door Keeper station until the end of the first rotation

- Music Operator

Sits on the opposite side of the competition floor and operates the laptop to play the music for each athlete. Instruction and assistance is provided on the day.

- Scoring Assistants / Panel Secretary

Sits with the Judges and enters scores from the Judges into the laptop. Instruction and assistance is provided on the day.

- Judges

This role requires training and accreditation. Courses are held by Gymnastics SA and please speak to a coach or coordinator if you would like further information.

The more volunteers we have the less each individual volunteer needs to do. It is highly encouraged that you volunteer to find out more about the sport and support your club!

## Competition Uniform

Blackwood Gymsports' team colours are red, white and black. All competing athletes are required to purchase a competitive leotard and club tracksuit.

All competitive gymnasts require:

- Blackwood Gymsports tracksuit - MAG not compulsory until Level 3
- Competition polo shirt - MAG compulsory, WAG not compulsory
- Competition leotard - Mag and Wag Compulsory

### In addition:-

#### Boys (MAG)

- White shorts (worn over leotard)
- White "longs" (Level 3+)
- White socks. (Level 3+)
- Training Singlet. (optional)

#### Girls (WAG)

- Hair ribbons in club colours.

### Optional

- Gymnastics equipment bag available in club colours through the club
- Grips (as advised by coach)
- Training squad jumper

### Training Uniform

WAG – training leotard with hair neatly pulled back and in a bun

MAG – not specified

**\* Prices available on application.**

### Uniform Purchase

Uniform ordering and purchasing is coordinated by the Blackwood Gymsports-Gymnastics Programme Sub-committee, contact a committee member for details at [wagblackwood@gmail.com](mailto:wagblackwood@gmail.com)

Payments for **competition uniforms** are made directly to Blackwood Gymnastics Club account (BSB: 065-132 Account # 00901719 and name of payer). Most items, such as tracksuits and polo shirts are usually in stock, while leotards, shorts and longs will need to be ordered through the club.

### GSA Requirements at competitions

**GSA has requested the following information be passed on to all parents of competition athletes.**

- The GSA Registration cards are for Gymnast admission ONLY – **These cards will not be accepted for adult entry.**
- Registered coaches/judges can show their 2020 Gymnastic Australia Technical Membership card to gain entry.
- There is to be NO flash photography while gymnasts are warming up and competing. This include spotlights on video cameras
- Mobile phones must be switched off or on "silent mode"
- Parents are not permitted onto the competition floor area. (This includes for photography & videoing)
- Families who advise the SMC that they do not wish their child videoed or photographed (except for presentations) must advise the SMC in writing prior to the competition so that this information can be given to any potential photographer.

## GYMNASTICS SPORTS SOUTH AUSTRALIA CALENDAR 2020

**Please note that Blackwood Gymsports does not compete in every competition.**

GSA reserves the right to change the dates as required

### WAG

<b>*Please ring the centre for an update of the Competition calendar for 2020</b>	

### MAG


### Country Competitions

Entry to Country events is coordinated by the Blackwood Gymnastics Programme Sub-committee; contact a committee member for details.

### End of Year Display

This is coordinated by the Blackwood Gymnastics Programme Sub-committee; contact a committee member for details.

### Waiver

This handbook, its references and attachments are general in nature and their brevity could lead to misinterpretation. No responsibility can be accepted for those who act on their contents without first consulting the Blackwood Recreation Centre administration or Blackwood Gymnastics Program sub-committee to obtain specific advice.

**Blackwood Trampoline Sports has a separate Handbook which can be viewed by following the link below.**

<https://goo.gl/F9zsss>

### Catastrophic Fire Day

**In the event that the CFS declares a Catastrophic Fire Day for the Mount Lofty Fire Ban District; ALL activities will be cancelled and the Recreation Centre will be CLOSED.**

## Sports Vouchers 2020

### What is the Sports Vouchers program?

Sports Vouchers is a State Government initiative administered by the Office for Recreation and Sport (ORS). The program is an opportunity for primary school age children from Reception to Year 7 to receive a \$100 discount from sports club/membership fees.

Clubs and providers can then offer a \$100 discount on joining fees and recoup that money directly from the Office for Recreation and Sport.

The purpose is to increase the numbers of children playing organised sport and to reduce the costs for parents.

### What can the \$100 Voucher be used for?

The \$100 can be used towards membership fees which provide access to a minimum 10 week sports program. The discount cannot be used for equipment purchase or a one-off 'come and try' type event.

### You can claim your 2020 Sports Voucher with Blackwood Gymsports

You will need to follow the links below for more information and to access the voucher.

Print off the voucher, complete and present to the Blackwood Recreation centre. The voucher will be submitted for reimbursement from ORS. When reimbursement has been received, a credit will be issued to the athlete's profile on the online booking system, to be used against the following term fees. If you are intending to use your voucher at the Blackwood Rec Centre, please ensure you will be returning in the oncoming terms, to claim the credit.

### Please refer to this link for more information:

[http://sportsvouchers.sa.gov.au/\\_\\_data/assets/pdf\\_file/0016/151360/Sports\\_Vouchers\\_Fact\\_Sheet\\_for\\_Parents.pdf](http://sportsvouchers.sa.gov.au/__data/assets/pdf_file/0016/151360/Sports_Vouchers_Fact_Sheet_for_Parents.pdf)

[http://sportsvouchers.sa.gov.au/\\_\\_data/assets/pdf\\_file/0003/157521/Sports\\_Voucher.pdf](http://sportsvouchers.sa.gov.au/__data/assets/pdf_file/0003/157521/Sports_Voucher.pdf)

### Catastrophic Fire Day

In the event that the CFS declare a Catastrophic Fire Day for the Mount Lofty Fire Ban District; ALL activities will be cancelled and the Recreation Centre will be **CLOSED**.