

Frequently Asked Questions

1. Is Tooting Gymnastics Club a British Gymnastics (BG) Registered Club?

Yes. As a member of British Gymnastics our club is recognised as a safe, effective, and child-friendly club, providing a service in the community that children and young people, their parents/carers, and others with a passion for Gymnastics can trust.

2. How do I become a member of “British Gymnastics” (BG) and what is the annual fee for?

Upon joining our club, we will send you an email at the beginning of the term, with a link to the British Gymnastics Membership website. You will need to follow the onscreen instructions, which will include creating an account and paying for the membership which is an annual fee. Your renewal will depend on which month you joined BG, but it is your responsibility to keep it up to date. The membership is primarily for insurance, **without which your child cannot participate**.

3. Do we have to re-enrol each term?

Once you are enrolled as a member of our Club you have priority over the waiting list. If you have paid for a full term (discounted rate) a re-enrolment email will be sent to you in the second half of the term. If you have paid for half a term, an email will be sent to you during the end of the half term, providing you with details of the next re-enrolment period, how much the fees are and how and when to pay. **To guarantee and secure your place, fees must be received within the payment period.** If, however you are experiencing financial difficulties or have cash flow issues, **a £10.00 non-refundable deposit can be paid to hold your place**, with the remaining fees to be paid before the end of the current term or at a mutually agreeable time. **Please note** if the remaining course fees are not received within the agreed payment period, and no communication has been had, then your place is no longer held for you and will be offered to the waiting list. Method of payment is via Bank Transfer. Cash payments can be made with prior arrangement.

4. Do I need to provide any medical information about my child?

Yes, it is very important that a “**Club Registration & Medical Form**” is completed and returned as soon as possible. Upon joining the club, New Members are sent this form via email and existing members are requested to complete a new one every two years, this is also sent via email. This important information enables us to be aware of any potential illnesses, disabilities or Special Educational Needs before teaching the gymnasts. The more we know about the gymnast’s specific needs, the more support we can offer them. Therefore, it is important to send an email with any information we need to know to **before the beginning of term** to members@tootinggymclub.co.uk and then bring the completed form with you on the first week of term. Please hand this form directly to a member of the Admin Team.

5. What happens if my child does not have their Asthma inhaler with them?

Any gymnast that is prescribed an inhaler **MUST** bring it with them to **EVERY** gym session. If you are the parent/carer of a “Tots Gymnast”, then you will be responsible for their inhaler. All other gymnasts will be asked to leave their inhaler, with their name on it, at the Admin Desk and it will be given back to them at the end of the session. If your child does not have their inhaler with them, and you are not able to get it in time for their session, then unfortunately for the health, safety and wellbeing of your child, they will not be able to take part in the session.

6. Do I have to inform you if my child is not able to attend a session/class?

If your child is sick or unable to attend the class for whatever reason, we do appreciate you letting us know either by sending a text message (07719 965 406) or an email to members@tootinggymclub.co.uk. If your child has a vomiting and diarrhoea bug, please keep them at home until they are fully recovered.

7. What is the Club Uniform and where can I buy it?

We would encourage all female gymnasts to wear leotards and male gymnasts to wear shorts and t-shirts or boys’ leotards as shown in the pictures, on the next page.

Girls	Boys
Girls' club leotards Sizes 26 up to 32 (£21.00); Sizes 34 up to 38 (£24.00) Girls' shorts (optional) Sizes 26 up to 32 (£15.00); Size 34 up to 38 (£18.00) 	Boys' club leotards Sizes 26 up to 32 (£21.00); Sizes 34 up to 44 (£25.00) T-shirts cost £9.50 each Sizes 3-4yrs; 5-6yrs; 7-8yrs; 9-11yrs; 12-13yrs & 14-15yrs 

Club Uniform can be purchased in advance by sending an email to members@tootinggymclub.co.uk with **"Request for Club Uniform"** in the subject heading. We will send you an email with details of how to pay and when you can collect it. **Please note we are unable to sell uniform from the Admin Desk during normal class sessions.** We do, however, always have clean, spare clothing should you forget to bring gymnastics clothes for your child.

Additional attire can be worn where required for religious or cultural reasons; however, this must not pose a risk to safety. Gymnasts do not wear socks or trainers; all activities are performed in bare feet. Non-club leotards can be worn, but no ballet leotards with skirts. **Please note, jogging bottoms, loose trousers, clothing with any type of zips, buckles and buttons are NOT to be worn, as they can cause injury to gymnasts and coaches as well as damage to equipment.**

8. Can my child wear Jewellery to Gymnastics?

Jewellery is **NOT** permitted and **MUST** be removed. If there is a religious or cultural requirement for jewellery it must be covered, and some activities may be restricted for safety reasons. If your child has newly pierced ears, they **MUST** be covered before the class, and you must inform the admin team. **Please note that some gymnastics activities will also be restricted for safety reasons.**

9. Are there changing rooms and where does my child leave their clothes?

There are changing rooms inside the Leisure Centre, however, most gymnasts change in the "waiting area" on Court 5 and leave their clothes with their parents/carers. Gymnasts in the Rec 2 class, can leave their clothing in the **laundry baskets provided**, if their parents/carers are not staying.

10. Does my child need to bring a drink to every session?

All gymnasts should bring a drink with them to the class, especially during hot weather. Parents/carers of Tots gymnasts should look after their drinks; Rec 1 and older gymnasts bring their drinks into the class with them.

11. Can my child travel home alone or meet a parent/carer in the car park?

Yes, however, they must be of **Secondary School age**. We require written consent from the parent/carers in advance, please send this to: members@tootinggymclub.co.uk. All other gymnasts must be collected from the Sports Hall.

12. How many gymnasts are in a class and how are they grouped?

Numbers of gymnasts in the class will vary depending on the coaches available, however we follow the British Gymnastics ratio of 1:8 e.g. 1 coach to 8 gymnasts.

Tots Gymnasts are grouped according to their age, ability, how long they have been attending as well as their physical and emotional development.

Rec 1, 2, 3 Gymnasts are grouped according to their age, ability, how long they have been attending, what badge they are working towards and, if possible, friendship groups. New members may move groups during the first few weeks as we get to know them and their ability. If your child is not happy in their group, please let us know.

13. What other classes do you run and when?

Day	P&T From walking to 3yrs	Tots (3 - 5yrs)	Rec 1 (6 - 8yrs)	Advanced Rec 1 (6 - 8yrs)	Rec 2 (9 - 11yrs)	Rec 2+ (9yrs – 11yrs)	Rec 3 (11yrs +)	Advanced Rec 2
Monday	TBC	4.15 - 5.00pm	5.00 - 6.00pm	5.00 - 6.30pm	6.00 - 7.15pm	6.00 – 8.00pm	6.00 – 8.00pm	6.00 – 8.00pm
Thursday	TBC	4.15 – 5.00pm	5.00 – 6.00pm	5.00 – 6.00pm	N/A	N/A	N/A	N/A
Friday	TBC	4.15 - 5.00pm	5.00 - 6.00pm	5.00 – 6.30pm	6.00 - 7.15pm	6.00 – 7.15pm	6.00 – 7.15pm	N/A

14. When does my child move into the next class?

Moving into the next class is generally done by age and ability, however, we only move a gymnast into the next class if a space becomes available. In the first instance you will be notified via email when your child is due to move into another class.

15. Can we watch the lessons?

As a British Gymnastics Club, we have an **“open door”** policy. The viewing area is restricted in size and is primarily for those parents whose young children need to be able to see them for reassurance. In our experience gymnasts can be easily distracted if their parents/carers are continually watching them, therefore we would actively encourage you not to watch every week. However, we do have **“Parent Watching Week”** either the third, fourth or fifth week of each half term, and dates are posted on the website. We will send an email reminder inviting you to come and watch the progress of your child. **Please note for safeguarding purposes filming or the taking of photos is NOT permitted during Parent Watching Week.**

16. Do you do competitions?

Tooting Gymnastics Club holds two competitions throughout the year for Rec 1 gymnasts and above. A Team Competition in the Autumn Term and an Individual Floor & Vault Competition in the Summer Term.

17. Do you hold any special events throughout the year?

There is a Gymnasts Christmas Party at the end of the Autumn Term, with fun games and activities during the session, and there is also a Display in the Spring Term. More information will be provided throughout the year.

18. Do the gymnasts work towards any badges or award schemes?

Tots Gymnasts progress is continually monitored and assessed. The **“Captain Stretch Gymnastics”** Badges and Certificates are awarded based on their attendance and their ability to practice and perform a set of skills on the bars, beam, vault and floor and have been designed by a British Gymnastics Preschool Specialist. The skills the gymnasts practice are listed on the reverse of the certificate. An email will be sent to you providing details of the badge passed, how to pay for it and when it will be presented. Tots who go into the **Tots Transition** group when they are 5yrs old work towards the TGC Levels 1 – 3.

Rec 1, 2, 3, Advanced Rec 1 & Advanced Rec 2 work towards the **“Tooting Gymnastics Club Awards”** Levels 1 – 12 and Advanced Levels 1 - 3. The Levels and skills are based on the old British Gymnastics Proficiency Awards and Advanced Awards and in line with the new British Gymnastics Rise programme. When a gymnast passes a badge, they are given a **“I passed my badge”** sticker and an email will be sent to you giving details of the badge passed, how to pay for it and when it will be presented.

19. What is Badge Presentation Week?

Badges and Certificates are presented at the end of each half term or the beginning of the new term, depending on when payment has been received. There is an opportunity for photo's to be taken by the parents/carers at the end of the session.

20. Can I leave the leisure centre and go off and do something else?

Parents/carers of children in the **Tots class (3 – 5yrs)** and **Rec 1 class (6 – 8yrs)** are required to stay on the premises and within the sports hall in the parent waiting and seating area. You must be available should your child need you, especially if they need the toilet. **Please note it is the Health & Safety Policy of the Leisure Centre that all children under the age of 9yrs must be accompanied by their parent/carer or a responsible adult when going to the toilet. Tooting Gymnastics Club does not have the workforce available to help with this.**

We appreciate that some families will have younger children with them, and they may want to use the Play Zone in the café area. Therefore, you must inform the admin team that you will be in the café area and, nominate another parent/carer who can take your child to the toilet if they need to go. Please let the Admin Team know who that nominated person is before going to the café. If you do leave the sports hall you must return to the sports hall **5 minutes before** the end of the class, ready to collect your child.

Parents/Carers of children in Rec 2, Rec 3 or AR2 have the option of leaving the leisure centre and returning **5 minutes before** the end of their child's class ready to collect them.

21. Is there a Car Park

Tooting Leisure Centre has a car park which is FREE to all Leisure Centre users. If you are planning on parking your car, **please ensure you register your car when you enter the main Leisure Centre Reception**. Parking is never guaranteed, and we would suggest lift sharing where possible.

22. Who are the TGC Workforce?

We are small team of very experienced coaches. All our coaches are British Gymnastics qualified, they are DBS checked and have attended Safeguarding Courses and are First Aid trained. Our current coaching team are Ayoola, Izzie, Mary, Nitya, Paula, Paul, and Tahirah.

Gymnastics Helpers

Our current helpers are primarily ex-gymnasts and parents who have gained a British Gymnastics Accreditation to help coach, they are Aaminah, Bella, Cassia, Dorota, Harvey, Haziqat, Isla, Lucy, Mia, Sam and Vyniha.

Volunteer Trainee Coaches

We run our own coaching programme in conjunction with British Gymnastics and have numerous ex-gymnasts returning to complete their Duke of Edinburgh Awards.

Admin Team

Our admin team is very small and are recruited from within the club community. The Admin Team is headed up by Stephanie (Admin Manager) and supported by Raia (Accounts and Admin Officer).

Coaching/Volunteering opportunities

We are always on the lookout for new and enthusiastic coaches or volunteers, so, if you are interested in coaching, volunteering or even becoming a Welfare Officer, then please send us an email to members@tootinggymclub.co.uk, we can support you through your coaching journey in conjunction with British Gymnastics.

Thank you for taking the time to read the above information and we hope you have found it useful. More importantly, thank you in advance for ensuring your child is aware of our Club Safety Rules and our Code of Conduct.

Your support is very much appreciated.

The Team at Tooting Gymnastics Club hope you enjoy your time at our Club