



## SXL GYMNASTICS - CLUB RULES 2019

SXL is committed to providing the best possible environment for our students. Students, family and friends should be familiar with SXL Club Rules and ensure they are respected when visiting our gymnastics and sporting centres.

### What to wear:

- **SXL class uniform** – SXL students are required to wear the correct uniform to all classes.
- **Dress code and presentation** – SXL students should be guided by their coach/instructor regarding appropriate dress codes for their specific activity.
- **Important** – No heeled footwear is permitted in the dance studios as hard footwear can cause denting and scratching to the special flooring installed in these areas.

### What to bring:

- **Drink bottle** – Students must bring their own clearly labelled drink bottle to each class. During warmer weather and/or active exercise, students are encouraged to drink and rehydrate at least every 20 minutes.

### Before class:

- **Supervised arrival and departure from classes** – Parents must actively supervise the safe arrival and departure of their children visiting our centres. Hold hands, watch for traffic and exercise caution. Younger children should be collected from inside our centres after their classes by their parent or authorised carer.
- **Students are expected to arrive 5 minutes before class** and leave promptly when their class has concluded.
- **Prior to classes commencing** – Students should wait quietly in the spectator area until collected by their coach.

### During class:

- Registered SXL students only permitted in the gymnastics floor area or dance studios.
- **Follow coach instructions** – your coach is here to help keep gymnastics safe.

### Spectators & visitors:

- **Parents, Guardians, Carers, Visitors (including siblings/friends) are not permitted downstairs or inside the dance studios at Chatswood.** Please be respectful of child protection regulations and the need to monitor all adults and visitors in child recreational areas.
- **Students learn more effectively with minimum distractions.** Please keep noise to a minimum while our classes are operating. If siblings/friends in waiting areas are being disruptive we will politely ask you to leave.
- **No running, climbing or jumping anywhere inside our centres** – for your safety and the safety of others.
- **No footballs, tennis balls, basketballs, recreational or toy balls** – they present a serious safety hazard.
- **No floor toys or sound producing toys** – toys present a tripping hazard for gymnasts and visitors and sound producing toys interrupt both students and coaches.

### Injuries:

- Please inform the supervising coach **prior to class** if a student has any injury, regardless of how minor (bruising, sore muscles, cuts etc.). The coach may adjust the program if required.

### Illnesses:

- Students are not permitted to attend any classes with any infectious illness or condition (e.g. whooping cough, mumps, chicken pox, measles, school sores etc.) If a student is absent because of a contagious illness or condition, SXL should be notified in the interests of fellow students, coaches and their families.
- SXL follows the recommended minimum exclusion periods for infectious diseases: <https://www.nhmrc.gov.au>

### Photography:

- The Club and/or Gymnastics NSW and/or Gymnastics Australia or their agents, make take photographs or video images of students in classes or at competition events for the purposes of staff, competitor or volunteer education or for promotion/publicity of the sport. The execution of the SXL Club Membership Form is accepted as approval/authorisation for the student's inclusion in such photographs/video material. Should you require the student to be excluded from such material, please attach a written notice to your membership form.