

## Rainbow Gymnastics Recreational Classes Handbook 2023-2024

### Gymnasts and Families

#### Rainbow Gymnastics Mission:

1. To develop positive social values such as Respect, Responsibility, Honesty, and Self Discipline.
2. To teach proper technique and skill development in a safe and positive environment.
3. To provide an environment that promotes lifetime physical activity as well as a high level of physical fitness.
4. To provide an opportunity for gymnasts to learn how to overcome adversity when working through the process of achieving personal goals.

Rainbow Gymnastics is a member of the Amateur Athletic Union (AAU)

#### Gymnastics Attire

Our workout attire requirements are for the safety of the gymnasts and coach:

1. Leotards or tight fitting clothing are required for rec classes. For safety and in consideration of the spotters, no more than 1" of skin is allowed to be shown between the tank top and spandex. No sports bras allowed.
2. Hair must be kept away from the eyes and off the face.
3. Jewelry is NOT allowed during classes, other than 1 pair of studs.

Unacceptable items for classes:

1. Baggy T-shirts, baggy shorts, cut offs, sports bras
2. Gum or food in equipment areas
3. Soda or sports drinks- only water is allowed
4. Buttons or snaps on clothing

#### First Aid and Injuries

1. First aid supplies are only to be distributed by the coach.
2. Coaches reserve the right to withhold a gymnast from rec classes if they are felt to not be physically safe. Doctors note to return to rec classes may be required. Classes will be refunded only when a copy of a doctor's note is received.
3. Parents must send a note explaining why a gymnast will be wearing a brace or support during practice.

#### Health and Wellness Expectations for Class Attendance

Gymnasts who are not feeling well and have any of the following symptoms should not attend practice: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

#### Athlete Expectations

Please treat our staff and facility with respect.

1. Do not throw paper towels or feminine hygiene items in the toilet
2. Do not waste soap or paper toweling
3. Do not mark on the walls
4. Alert the staff if supplies need restocking or a problem is found (clogged toilet, locked door etc.)
5. Do not wash your hands in the drinking fountain
6. Do not spit in the drinking fountain
7. Keep your body clean and well groomed and in the best possible condition. **KEEP HANDS, FEET, AND FACE CLEAN.**
8. Good manners and courteous behavior are expected. Disrespectful behavior will not be tolerated.

9. Ask your coach if you need to leave practice early, use the washroom, get a drink, or take a break.
10. Walking is required when moving from event to event, and when exiting the gym after class.

### **Parent/Guardian/Visitor/Sibling Etiquette During Classes**

1. Pick your child up on time
2. Classes are allowed to be watched but please do not become a distraction.
3. Parents, siblings, etc. are not allowed to come on to the equipment to coach their child.
4. Negative comments are NOT tolerated at any time. Violators will be confronted and continuation of the behavior will result in termination from the program.

### **Disciplinary Action Policy**

1. Crying, pouting, bullying, not listening, distracting others, unsafe behavior, or other undesired behavior will not be tolerated.
  - a. 1st offense- Verbal warning and parents informed
  - b. 2nd offense- Gymnasts will sit out of practice for a short time and parents are informed.
  - c. 3rd offense- Meeting with parents, gymnasts, and coaching staff will be held. Appropriate disciplinary action will be taken to help change the behavior before returning to practice.
  - d. 4th offense- Gymnasts will be removed from classes at Rainbow Gymnastics

### **Parent Responsibilities**

1. Parents are expected to keep their contact information up to date on our registration site, <https://app.iclasspro.com/portal/rainbowgym>,
2. Parents are expected to help Rainbow Gymnastics follow the rules of Safe Sport. This means that gymnasts should never be alone with a coach or other employee of Rainbow Gymnastics. All employees of Rainbow Gymnastics will make sure to never be alone with an athlete and have all interactions with athletes be observable and able to be interrupted. Parents are expected to do their part by staying at the gym with their athlete if no one other than their coach is present.
3. Parents will dress their gymnasts properly for classes.
4. If the gymnasts have any open cuts or wounds, please have them covered before the start of the class.

### **Level Advancement**

- Gymnasts' skill testing is completed in January, April, July, and October
- Gymnasts' must score a 90% on their testing in order to be passed into the next level.
- Unless requested by the parent, a gymnast will not be tested if they have missed the first two weeks of testing.
- Gymnasts can join competitive team in August and after scoring a 90% on the level 2 testing and being able to complete a kickover, pullover, and back hip circle by themselves.

### **Fee Payment Policy**

1. Gymnasts are required to register online at <https://app.iclasspro.com/portal/rainbowgym>.
2. Payments can be made online via our registration site or by cash or check.
3. When making payments with check, please specify fee type in the memo line.
4. Returned checks are subject to a non negotiable \$50 fee.
5. After the 2nd attempt to cash a check where funds are unavailable, or an NSF occurs, account will be on a cash basis only moving forward.

### **Quit Policy**

If a gymnast wishes to quit Rainbow Gymnastics:

1. A one week notice is required- After we receive this notice, a refund will be issued for the classes beyond the week notice period that they will not be attending the remainder of the month.