

Chester Trampoline Club Rules

HEALTH & SAFETY – The Trampolinist Must:

- Obey Club coach's instructions at all times to ensure their own safety and the safety of others.
- Obey Club, British Gymnastics and Leisure Centre rules.
- Whilst not on the trampoline themselves, spot for the person currently on the trampoline.
- Report any accident to a coach immediately.
- Wear non-slip footwear and suitable clothing, remove all jewellery and tie back long hair.
- Only use the trampoline when the coach is present and only perform moves approved by the coach.
- Adhere at all times to the notification requirements for injuries on the medical form.
- Not interfere with any club equipment.
- Not swing on the trampoline, go under the trampoline or end decks, nor sit on the sides of the trampolines or end decks.
- Not participate in double bouncing.

GENERAL

- Club coaches are happy to discuss any problems or queries with parents/guardians before or after the session, or by phone or email. They cannot do so during the session.
- Appropriate fees must be paid on time.
- All session and competition fees are payable in advance and are non-refundable.
- Any member not attending for 2 consecutive weeks without contacting the Club will be assumed to have left the Club.
- Any clothing that has been lent to the member is to be returned to the Club if a member leaves or upon request.
- Only participants are permitted in the trampoline area during the session. Parents/guardians/friends etc are most welcome to watch from the Centre's viewing area on the first floor.
- Jewellery, mobile phones or games are not permitted on or near the trampolines. No food (including chewing gum) is permitted in the sports hall. drinks must be in a plastic re-sealable container.
- Other items may be excluded for health & safety reasons at the coach's discretion.
- The Club cannot accept any responsibility for the following:
 - 1) Personal property of any description (lockers are provided by the Centre).
 - 2) For the participant once they have left the immediate area of the activity (normally the badminton court). Please note that the Club's officials will not prevent any person from leaving the immediate area, nor supervise them if they do so. Parents/guardians of minors (under 18s) are reminded that they are responsible for the care/supervision of their child outside of the Club's training time, area or activity. Please refer to the Medical and Membership form, consent section.
- Changes to personal details (address, school, telephone number, medical details etc.) must be notified promptly to the Club in writing.
- Failure to comply with any of the club rules may result in membership to the club being revoked at the discretion of the Club's Head Coach.

If you have any queries with any of the above please see the coach in charge of the session or contact Colin Hall on 07758 701771.