

Chester Trampoline Club Rules

HEALTH & SAFETY – the trampolinist must:

- Obey Club, British Gymnastics and Leisure Centre rules.
- Obey Club coach's instructions at all times.
- Whilst not on the trampoline themselves, spot for the person currently on the trampoline.
- Report any accident/incident to a coach immediately.
- Wear suitable clothing and foot covering, and tie back long hair. Finger and toe nails need to be kept short.
- No jewellery or mobile phones are not permitted on or near the trampolines. No food in the hall. Drinks, if needed, must be in a non breakable resealable container.
- Only use the trampoline when the coach is present and only perform moves approved by the coach or passed on their proficiency sheet. The member must not instruct anyone, unless qualified and with the lead coaches' permission.
- Notify the coach of any changes to the medical form, injuries or new conditions.
- Not interfere with any club equipment.
- Not swing on or 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 coach in charge is happy to discuss any issues with parents/guardians before or after the session, or you can contact Colin Hall by phone (07758 701771) or email (colinhall61@gmail.com). This can't be done during the session. For complaints, you must follow the Club's complaints procedure, which can be found on our website: <https://chestertrampolineclub.co.uk/membership/>
- Session fees are payable by standing order on the 1st of the month in advance, all other fees by bank transfer when requested. Session fees are payable until written notification of the member leaving with one clear week's notice, if there are unused sessions a refund can be requested.
- If absent for more than 2 consecutive weeks without contacting the Club, it will be assumed the member has left.
- Only participants/club officials 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 for NGA or seated area for EVPS.
- Other items may be excluded for health & safety reasons at the coach's discretion.
- The Club does not 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 courts). 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 or vulnerable adults, are responsible for the care/supervision of the member outside of the Club's training time, area or activity. Refer to the Medical and Membership form's consent section.
- Any changes to personal details (tel no etc) or health must be notified promptly to the Club in writing.
- Any welfare issue must be reported to the coach in charge of the session or to the club's welfare officer (<https://chestertrampolineclub.co.uk/coaching/>) by the member or parent/guardian.
- Failure to comply with any of the above rules may result in membership to the club being suspended/revoked at the discretion of the Club's Head Coach.

If you have any queries regarding any of the above please see the coach in charge of the session or contact Colin Hall.