



# City Of Stoke on Trent Trampoline Club

## WELCOME PACK



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## City of Stoke On Trent Trampoline Club

### Introduction

Hi and welcome to the City of Stoke on Trent Trampoline Club! The club is the longest running trampoline club in Staffordshire with over 120 gymnasts registered to British Gymnastics.

In order for the club to run effectively and safely there are several forms and policies which need to be read, signed and then returned as soon as possible to the club secretary. All of these forms can be found at the end of this welcome pack, if you wish to keep a copy for your own records please feel free to photocopy them.

We have several coaches within the club who are all qualified to teach trampolining to varying levels, your child will be placed with the most appropriately trained coach. It may however in the future be necessary for your child to be moved to a different coach or in some case a different class. If this situation arises a coach from the club will notify you.

Every child in the club follows a clear development plan, which is supported by British Gymnastics. If you wish to view your child's progress please feel free to discuss it with their coach.

In addition to this pack it is also necessary that you read the emergency procedures documents to ensure complete safety in case of emergency. A copy can be obtained from any coach and is also displayed on the club notice board.

We hope that you enjoy your time at the club however should you wish to make a complaint please see the grievance procedure policy. A copy of the policy can be obtained from any coach.

Happy bouncing!

Many thanks from

**All the coaches at City of Stoke on Trent Trampoline Club.**



## City of Stoke On Trent Trampoline Club Committee Members



Chair Person:	Diane Pearson
Vice Chair Person:	Shaun Pearson
Treasurer:	Hayley Rodgers
Child Welfare Officer:	Jane Beresford
Club Secretary:	Zoe Brooks
Member Administrator:	Diane Pearson
Competition Secretary:	Diane Pearson/Lani Dacey
Gymnast Liaison Officer:	Jack Ireland
Newsletter Editor:	Lani Dacey
Website Editor:	Zoe Brooks
Publicity Officer:	Jane Beresford
School Liaison Officer:	Diane Pearson
Fundraising Officer:	Zoe Brooks
Volunteer Co-Ordinator:	Victoria Fern
Health and Safety Officer:	Diane Pearson

Please note that these posts will be confirmed at the next annual general meeting. If you would like to volunteer for any of the above posts please speak to Diane for further information.





## City of Stoke On Trent Trampoline Club COACHES

### **DIANE PEARSON** - *Head Coach (Senior Club Coach/Regional Judge)*

Diane has been involved in trampolining for over thirty years. She was the founder of the club which began over 21 years ago. In her earlier years Diane was a representative for the Great British youth squad. Diane works full time in her position as head coach and primarily works with the advanced trampolinists up to an International standard.

### **LANI DACEY** - *(Level 2 Coach)*

Lani is our most successful performer to date having competed as part of the GB squad for 4 years after transferring from gymnastics to trampolining at a young age. Lani now coaches our up and coming young bouncers and we are incredibly happy to have her among our coaching team!

### **ZOE BROOKS** - *(Volunteer Level 2 Coach/Club Judge)*

Zoe joined the club in 2002 initially as a trampolinist and now judges for the club on a regular basis. Zoe currently coaches for us once a week as well as being joint Head Coach for the Staffordshire University Team.

### **LOUISE TOPPING** - *(Level 2 Coach)*

Louise first became involved in the club after joining an adult class, which was previously run in the local leisure centre. She has been a coach at our club for a number of years and has competed for the club on several occasions.

### **HAYLEY RODGERS** - *(Level 2 Coach/Club Judge)*

Hayley started with the club as a trampolinist as a young child and started coaching a few years ago. She has been an asset to the coaching team and is also joint Head Coach for the Staffordshire University team in her spare time.

### **ROB BROWN** - *(Level 2 Coach)*

Rob has been coaching for over 7 years and competing for over 10. For the last three years he has achieved one of the top three positions in the Midlands, within his category. As well as all this, he is a full time PE teacher at a local secondary school and coaches for another local club. Rob is a very enthusiastic member of our coaching team and we are proud to have him on board.

### **STEWART HUNWICK** - *(Level 2 Coach)*

Coming soon...

As well as the coaches we also have some dedicated judges who assist the club at the competitions. Without them the club could not compete and we would like to thank them all as they provide an invaluable help.





The British Gymnastics (BG) code of practice illustrates what BG recommends as Best Coaching Practice for Trampoline. British Gymnastics promotes current best coaching practice through its coach education programme and also provides codes of practice and ethics through the Health Welfare and Safety Policy Document. This document is for all those who coach/teach and participate in trampolining. A safety poster is also available from BG and this should be displayed prominently. Trampoline is potentially dangerous. The purpose of this code of practice is to help both participants and coaches operate safely. It is recommended that all equipment is inspected annually.

## GENERAL

1. Trampoline should always be supervised by a qualified BG coach/teacher.
2. The coach or organiser is responsible for assessing the suitability of the environment.
3. Coaches/Teachers may, during the course and post course guided learning, practice coaching those elements covered in the course, under the supervision of a mentor coach. However they may not prepare participants for competition until they are fully qualified at that level.
4. Coaches/Teachers should be aware of the emergency procedures for trampolining at the facility.
5. When using more than one trampoline, coaches should carefully assess the following:
  - a) the age, experience, varying abilities, number and discipline of the participants
  - b) their own qualifications and experience
  - c) their ability to observe, advise, support and respond to the difficulties of anyone in the trampolining area.
6. It is the responsibility of the coach to ensure that the person sliding in the push in mat, both in training and competition, if not a qualified coach, is trained, experienced, familiar with the performer and of sufficient maturity.
7. It is recommended that all participants develop 'core stability' of the mid body through appropriate physical preparation exercises.

## THE HALL

1. **Height** – at least 5m is recommended for recreational use and a minimum of 8m is required for national and international competitions.
2. **Position of trampoline/s** – away from fire exits or walls (unless suitably padded) and overhead or protruding structures.
3. **Lighting** – bright and even, avoiding dazzle from sunlight.
4. **The trampoline area**
  - Protected from stray balls or projectiles
  - Noise levels should be low enough for pupils to hear all instructions
  - The space under and around the trampoline/s should be clear
  - Where possible a 2 metre space should surround the trampoline area and floor mats should be placed around the trampoline area and end decks
  - Where possible a safety mat should be placed at each end of the trampoline
5. **Multi-trampoline set ups** –
  - The most suitable arrangement, is with trampolines end to end, with a safety mat placed between the ends of the adjacent trampolines
  - Where trampolines are placed side by side they should be separated by at least two metres OR be directly touching.
6. **Storage** – trampolines should be either chained and locked or placed in a locked store.

## THE TRAMPOLINE

### Putting Out and Putting Away the Trampoline

1. At least 2 trained, suitably sized persons wearing training shoes, under the direct supervision and involvement of trained staff, coach/teacher are required.
2. Great care should be taken when moving the trampoline.
3. The trampoline is heavy – make sure parts such as the frame ends or the whole trampoline are moved slowly.
4. **Putting out the trampoline** – rotate the trampoline to horizontal by holding the inside leg and the outside leg together. Place the inside leg on the floor carefully.
  - use good handling technique when removing roller stands + store them away from the working area.
  - Fully support the first end whilst lowering into place and insert leg braces. The second end is under tension and needs greater care when pulling down. Beware pulling on the leg braces before first checking the security of the Allen screws.
  - Beware trapping the fingers in the hinges or between chains and the legs.
  - Beware of all moving parts on lift/lower roller stands.
5. **Putting away the trampoline** – release the first end and control the folding as it may be under high tension. Again confirm the tightness of Allen screws before using leg braces.
  - Keep elbows/foreman away from the gap between folding ends + frame whilst lowering under control.
  - Insert the roller stands fully before handling. Push the trampoline from the end where the bed is rounded and no metal frame showing until vertical.

### **Safety Check before use:**

1. **Beds** for tears and areas on solid beds that have worn thin. Loose stitching or breaks in the webbing of webbed beds which might allow toes to be caught or uneven landings to be made. Uneven tension shown by the centre/metre box red lines not being straight. This is caused by springs being of uneven length or missing or broken anchor bars on the edge of the bed. High tension caused by excessive shrinkage of the bed.
2. **Springs or cables** to ensure they are all in place with the hooks pointing downwards and arranged so there is even tension on the bed. Stretched springs or cables should be replaced.
3. **Frame pads** check for damage and security of pads. It is better if safety landing mats are used supported on end decks which should be securely attached to the frame.
4. **Safety mats and push in mats** check for damage and security.
5. **Joints** for wear, with the frame level all round and not bowed.
6. **Chains** for security and even adjustment.
7. **Leg braces** inserted plus Allen screws tight, rivets secure, hinge pins and T-joint fully in place.
8. **Roller stands** for freely running and swivelling castors, wheels and hooks.

### **The Overhead Rig**

#### **Safety Check**

1. Correct position of the trampoline under the centre of the rig.
2. For effective use, the angle between the ropes and the performer when stationary on the bed should be between 30 – 45 degrees.
3. Security of the ropes and their attachments and the condition of elastics and attachments on the bungee rigs.
4. Free movement of the swivels and pulleys.
5. The security of the belt.
6. The person supervising the use of the overhead rig must be suitably qualified.
7. The ability of the supporter to hold the weight and control the descent of the pupil.
8. That the coach, pupil, and person controlling the push in mat understand their roles and are ready.

**Damaged equipment should be reported to the responsible authority and taken out of use until repaired.**

### **The Coach/Teacher duties**

1. Warn participants of the potential danger and give guidelines for safe practice.
2. Check evidence that pupils are fit to participate particularly after illness or injury.
3. Check that pupils wear suitable sports clothing; suitable non-slip socks if possibility of toes going through the webbing.
4. Check that jewellery (including that associated with body piercing) watches etc have been removed.
5. Check that hair is tied back and nails are trimmed.
6. Provide trained spotters of suitable size on all sides, which are not protected by alternative safety measures. The spotters should be attentive at all times. If children are too small to act as spotters other trained people of suitable size should be used.
7. Only coaches (for coaching purposes) can stand/sit on the frame or end decks.
8. Allow a maximum of 1 -1 ½ minutes (bouncing), 4 or 5 attempts at a skill or 2 routines without suitable rest.
9. Ensure that drinks and food are kept well away from the trampoline area.
10. Ensure no one goes underneath the trampoline especially small children.
11. Only teach new skills after assessing the readiness of the pupil by observing ability, confidence, and background experience.
12. Use recommended progressive practices, including manual or rig support, and push-in mats where appropriate. Pupils of suitable size and experience may be trained to assist.
13. Warn pupils of the extra rebound when changing to a more powerful bed and allow a period of acclimatisation.
14. Only experienced, trained pupils of similar size should be allowed to double bounce.
15. Prevent fooling around and jumping from the trampoline to the floor. Discourage jumping other than in the centre of the bed.
16. Pupils should be instructed to climb on and off the trampoline with the stomach facing the trampoline. Very small children can be assisted by a suitable padded, stable platform at the side of the trampoline.

### **The Trampolinist/Pupil**

1. Always inform your coach of any accident in the last 6 months which resulted in unconsciousness from a blow to the head and any medical condition/medication, which could affect performance.
2. Use the trampoline only when a coach/teacher is present and has given permission.
3. Wear sports clothing and non-slip footwear, tie hair back and keep nails short.
4. Pay attention when spotting and avoid getting involved in 'tests of daring'.
5. Be attentive to the coach + attempt new skills only after progressive training + permission.
6. Avoid going under or swinging under the trampoline or end-decks.
7. Avoid stepping on the bed when someone else is bouncing.





## City of Stoke on Trent Trampoline Club

### MEMBERSHIP RULES

In accordance with the BG code of practice, the City of Stoke on Trent TC has its own membership guidelines which must be adhered to at all times. It is the responsibility of all City of Stoke on Trent management, members and parents to ensure that all are treated with respect and fairness and adequately safeguarded against injury and abuse.

City of Stoke on Trent trampoline club policies are designed to protect all concerned from any activity that may have a detrimental impact on the City of Stoke on Trent Trampoline Club finances, public image or its members and officers. Failure to comply with the provisions of these policies can result in disciplinary action, up to and including termination of membership.

#### **INSURANCE**

City of Stoke on Trent Trampoline Club is registered with British Gymnastics. All members of the club are individually named and registered with British Gymnastics. All coaches of City of Stoke on Trent TC are insured with BG and have regular enhanced disclosure criminal checks.

#### **MEMBERSHIP RULES**

- All membership fees are to be paid in full prior to commencement on the next course. Course fees are due every ten weeks and a notice will be placed on the notice board as a reminder alongside verbal reminders throughout classes.
- All members must be affiliated to British Gymnastics and the City of S-O-T TC. Membership runs from September to September at a cost of £60 per year.
- If your child is ill and going to be absent for no more than two sessions in a week then there is no need to notify the club. However for sustained long absences please notify Diane Pearson directly on 077 668 35417.
- If you need to re-arrange your class you must give as much notice as possible, however it may not be possible to change classes but every effort will be made to accommodate you.
- If you wish to cancel classes, two weeks notice must be given. This is to allow adequate time to re-organise class registers. Failure to comply with this rule can result in an extra charge unless it's not reasonable for this notice to be given.
- All forms of bullying are regarded as unacceptable behaviour within the club. A relevant coach should be notified and the child welfare officer will be notified in order to aid an early resolution.

#### **COMPETITIVE MEMBERS**

- If a gymnast is chosen to represent the club it will be necessary for them to purchase the club leotard. The leotard is open to all members to purchase; it is not however compulsory for all but is useful for them to train in. T-shirts and bags are also available but do not form part of the compulsory attire but it is recommended that they be worn if possible.
- To ensure that the gymnasts arrive promptly for competitions and are available to spot for their team mates.
- To assist and share responsibility of duties such as judging where possible.
- Try to give notice if possible if you are withdrawing from a competition.
- As far as possible, allow entry to all the prioritised competitions.



## City of Stoke on Trent Trampoline Club

### Code of Conduct & Ethics

#### COACHES/VOLUNTEERS - All coaches agree to follow the following code of conduct.

- To treat each child equally and develop them to their full potential.
- To work through the BG/Club awards 1–15 and monitor each gymnast's development. Each gymnast will have their own portfolio which will include details about their progression through the awards, testing results and competition results. (Relevant to their level).
- To ensure that each child's safety is paramount.
- To ensure that all gymnast are adequately warmed up prior to participating in the trampoline session.
- To ensure that City of Stoke on Trent TC policies are upheld and maintained.
- To behave in an appropriate manner, for example, appropriate language and clothing.

#### Competition (COACHES/JUDGES/VOLUNTEERS)

- Represent the best interests of the club and be supportive to all our competitors.
- Ensure the clubs policies are maintained.
- Maintain parental responsibility for unaccompanied minors.

#### GYMNASTS

- All gymnasts must notify a coach when they leave the hall to use the toilets, etc and must notify their coach upon your return.
- You must complete a thorough warm-up prior to commencement to any activity based on the trampoline.
- NO fizzy pop is to be brought into the sports hall and all drinks must be away from the trampoline and placed by the side of your personal belongings.
- All litter is to be placed in the bin before leaving your trampoline session.
- To be appropriately dressed for training sessions.
- To treat all members of the club fairly and equally.

#### PARENTS

- All parents/guardians are welcome to view the sessions, however this must be done from the viewing gallery, which can be accessed via stairs and lift. Exceptions will be made for medical circumstances and for those parents with children under 7 years old.
- To provide your child, if necessary, with a drink and a snack. All drinks must be contained within a sports bottle or similar to avoid spillages. NO FIZZY DRINKS as they not only cause a sticky mess when spilt but also dehydrate individuals. Squash/water/fruit juices are ideal. The club also strongly recommends healthy nutritious snacks such as cereal bars, fruit, nuts, etc.
- Ensure that your child is appropriately dressed for the session (see dress code).
- Support your child's involvement and help them to enjoy their sport.
- Ensure your child arrives on time to participate fully in the lesson that **includes** a 10-minute warm-up.
- Use appropriate language at all times.



## City of Stoke on Trent Trampoline Club DRESS CODE POLICY



Clothing and appearance are important both to the safety of the performer and to uphold the standards of the club. The club uniform is the identity of the club both out and about and at competitions. We therefore expect the trampolinists not only to be proud of their uniform and the identity that goes with it but to behave in a way that would uphold the reputation of the club and all of its members.

- Long hair must be secured with an appropriate band.
- All performers **MUST** wear socks every time they bounce, nylon socks are not recommended as they slip easily. Trampoline shoes can also be worn as they provide a good grip on the trampoline.
- Suitable sports clothes must be worn. Essentially this means **NO** jeans/skirts or clothes which inhibit the range of movement. Baggy clothes should also be avoided as this can prevent the coach from catching them.
- No buckles or clasps should be worn on the trampoline as they may catch and cause an injury.
- Sensitivity to religious convictions regarding dress will be demonstrated but any concessions made will be within the bounds of reasonable safety, subject to relevant risk assessments. If concessions are made parents/guardian will be required to sign a statement confirming their agreement to and understanding of the relevant risks.
- Shoes should always be worn when packing up or assembling any equipment.
- **NO** jewellery is to be worn on the trampoline including any body piercing.

**We recommend that trampolinists train in a leotard (with/without shorts) or training crop top and shorts as this is good preparation for competitions and allows the coach to analyse moves better. However it is not mandatory for the trampolinists.**

**Failure to comply with this policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.**

All club clothing can be ordered at regular intervals throughout the year. The club website will provide details of ordering dates and prices.

It is necessary for **all competitive** performers to purchase the club leotard produced by Milano, as they will be unable to compete without one. The club kit consists of a leotard, t-shirt and sports bag. The items are ordered separately and it is not compulsory to purchase them.



# City of Stoke on Trent Trampoline Club

## GYMNAST REGISTRATION



### PERSONAL DETAILS

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_ Post Code: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone No (Home): \_\_\_\_\_ Phone No (Mobile): \_\_\_\_\_  
Date joining/joined (if known): \_\_\_\_\_  
Parents/guardian names and telephone numbers for emergency contact purposes: \_\_\_\_\_

School Attended: \_\_\_\_\_  
Head Teacher: \_\_\_\_\_ School Year: \_\_\_\_\_

### SPORTING INFORMATION

Have you participated in trampolining/gymnastics before? Yes / No  
If yes, where have you previously played the sport: (please indicate below)

- Primary school       Secondary school       Local Authority coaching session  
 Club       County       Other:

### REGISTRATION

- I understand and agree to follow BG and City of Stoke on Trent TC club rules  
 Completed **Club Equity Monitoring Form**  
 Completed **Video & Photography Consent Form**  
 Completed **Accident Form**  
 Understand and agree to follow the **Code of Conduct (Gymnast/Parent)**  
 **Term Fees (if applicable)**

When your child is at the appropriate level do they wish to be entered for competitions?  
Yes / No

### BG/CLUB MEMBERSHIP

BG membership runs from September to September. It is compulsory that all City of Stoke on Trent TC gymnasts hold both BG and Club membership. The BG membership includes a quarterly magazine, membership card and insurance cover. The club membership includes competitive registration to enter competitions and affiliation to the West Midlands region. It does **not** cover competition entry fees.

The total once yearly cost is **£60** and needs to be paid to the **Diane Pearson**.

- I need/renew my BG  
 I need/renew my Club Membership  
 I already have BG Membership (please fill in below)

Club: \_\_\_\_\_  
Membership Number: \_\_\_\_\_



# City of Stoke on Trent TC ACCIDENT FORM



## **PERSONAL DETAILS**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
Post Code: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone No (Home): \_\_\_\_\_ Phone No (Mobile): \_\_\_\_\_  
Date joining/joined (if known): \_\_\_\_\_  
Parents/guardian names and telephone numbers for emergency contact purposes:  
\_\_\_\_\_  
\_\_\_\_\_

School Attended: \_\_\_\_\_  
Head Teacher: \_\_\_\_\_ School Year: \_\_\_\_\_

## **VIGOROUS ACTIVITY**

As part of City of Stoke on Trent's Trampolining Club, you will be participating and involved in a vigorous athletic activity, which will include Trampolining and Conditioning. Due to the nature of the activity, we wish to inform you that the possibility of injury does exist. In particular, the sport of Trampolining involves a repetitive contact with the trampoline bed, often whilst performing inverted skills or in a variety of landing positions.

In an effort to make the sport of Trampolining as safe as it can be, the coaching staff will instruct all gymnasts concerning the necessary rules and the correct mechanics of all skills. It is vital that gymnasts follow the coach's skill instructions, training rules and team policies in order to decrease the possibility of serious injury.

Please notify the coaching staff of any illnesses, or disabilities, which they should know about. (E.g. Allergies, Asthma, Diabetes, Medication, a history of hearing problems which may affect balance etc.)  
\_\_\_\_\_  
\_\_\_\_\_

## **PARENTAL CONSENT**

I authorise the coaching staff of City of Stoke on Trent's Trampolining Club to seek treatment for any injury occurred by my child whilst trampolining. In the event that I cannot be reached, I hereby authorise the doctor and/or hospital to perform any necessary emergency treatment to the injury.

Alternative Emergency Contact Number: \_\_\_\_\_  
(This will only be used in case of serious injury and only if parents cannot be contacted)

If you do not give permission or authorisation for consent to medical treatment, what procedure should be followed? Please state:  
\_\_\_\_\_  
\_\_\_\_\_

I / we have read the above and understand the risk of vigorous Trampolining activity. Our child is in good health and physically capable of participating as part of City of Stoke on Trent's Trampolining Club.

**SIGNED:** Parent: \_\_\_\_\_ Gymnast: \_\_\_\_\_  
Coach: \_\_\_\_\_ Date: \_\_\_\_\_



# City of Stoke on Trent Trampoline Club

## EQUITY MONITORING



*While it is not compulsory that this section is completed, the following paragraph explains why it is important. In order to protect confidentiality, all completed monitoring forms are kept anonymous.*

Sport can and does play a major role in promoting the inclusion of all groups within society. However, inequalities have traditionally existed within sport, particularly in relation to gender, race and disability. Sport England is committed to promoting and developing sports equity, which is about fairness in sport, equality of access, recognising inequalities and taking steps to address them.

By monitoring the profile of young people in sports clubs, national governing bodies of sport and Sport England can identify any issues relating to under-representation of different groups and can together develop strategies to ensure that all young people have the opportunity in the future to develop and progress in sport.

**GENDER -**       Male       Female

### **ETHNICITY**

In order to help the club monitor its membership can you please tick one of the following boxes to identify your ethnic group/origin. Choose ONE from section A to E and then tick the appropriate box:

**A White**

British     Irish                       Other \_\_\_\_\_

**B Mixed**

White & Black Caribbean     White & Black African  
 White & Asian                       Other \_\_\_\_\_

**C Asian or Asian British**

Indian     Pakistani                       Bangladeshi     Other \_\_\_\_\_

**D Black or Black British**

Caribbean             African     Other \_\_\_\_\_

**E Chinese or Other Ethnic Group**

Chinese                       Other \_\_\_\_\_

### **DISABILITY**

The Disability Discrimination Act 1995 defines a disabled person as anyone with "a physical or mental impairment, which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities."

Do you consider yourself to have a disability?      Yes / No

If yes, what is the nature of your disability?

- |  |  |
|--|--|
| <input type="checkbox"/> Visual impairment             | <input type="checkbox"/> Hearing impairment  |
| <input type="checkbox"/> Learning disability           | <input type="checkbox"/> Multiple disability |
| <input type="checkbox"/> Other (please specify): _____ |  |



## City of Stoke on Trent Trampoline Club PHOTO / VIDEO CONSENT



The Club recognises its Child Protection obligations towards the gymnasts in its care. To that end it has implemented the **“British Gymnastics Photography and Videoing Policy”** as well as specific club guidelines.

Copies of the guidelines can be obtained from:

- British Gymnastics: [www.british-gymnastics.org](http://www.british-gymnastics.org)

### **CLUB TRAINING SESSIONS**

A photograph of each gymnast who competes in the national grading structure will be displayed on the trampolines Internet site. We feel that this makes it easy for everyone to know everybody else within the club. We may also use photographs in the newsletter which is available to members of the club and can also be obtained via the internet this would be to highlight achievement both within and outside the club.

The Club also has a digital video camera that is used in some training sessions. We feel that it is beneficial for gymnasts to see recordings of their moves, in order that they themselves can identify any faults being performed. In the past we have found that this increases independent learning. (We have also found that the gymnast can be repeatedly told that their legs are bent in the move, but they don't actually believe the coach until they see it for themselves!!!)

In order to comply with the guidelines though, the video camera can only be used if two appropriate adults are present. If two appropriate adults are not available on a regular basis, then the club will put together a rota system whereby a parent will take it in turns to sit in on the class, as one of those adults.

I consent to the Club using photographic / video recordings as a training aid in accordance with British Gymnastics, City of Stoke on Trent TC and any relevant child protection guidelines.

NAME OF CHILD: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_



## City of Stoke on Trent Trampoline Club CLOTHING ORDER FORM



The club will be ordering clothing at regular intervals throughout the year. If you wish to order any item of club clothing or accessories, please complete the form below as appropriate and attach full payment.

All cheques should be made payable to 'City of S-O-T Trampoline Club'. All prices are subject to a small change but you will be informed before your order is processed.

Name of Child: \_\_\_\_\_

Class Child Attends: \_\_\_\_\_

ITEM	SIZE & PRICE		PAYMENT
	CHILD	ADULT	
LEOTARD	26/28/30/32* £47.45	34/36/38/40* £52.95	CASH/CHEQUE*
SHORTIES	26/28/30/32* £14.00	S/M/L/XL* £17.25	CASH/CHEQUE*
T-SHIRT	26/28/30/32* £19.00	S/M/L/XL* £21.00	CASH/CHEQUE*
DRAWSTRING BAG	£6.00		CASH/CHEQUE*
TRIANGULAR BAG	£12.00		CASH/CHEQUE*

\* PLEASE DELETE AS APPROPRIATE

Leotard/T-shirt guide with approximate ages.

26" – 5-6 yrs

28" – 7-8 yrs

30" – 9 – 10 yrs

32" – 11 – 13 yrs

34" (Adult S) – 13 – 15 yrs

36" (Adult M) – 15+ yrs

38" (Adult L)

40" (Adult XL)

For more information on leotard sizes please see the stockist website:

[www.milano-pro-sport.com](http://www.milano-pro-sport.com)

