

Information for Parents and Participants



Fall 2022

September 19th—November 14th

Welcome to Gymnastics!

- Please enter through the Sportsplex main entrance.
- Travel through the turnstiles and store your belongings in the Sportsplex changerooms. Personal belongings such as shoes, coats, and backpacks are not permitted in the gym.
- Enter our gym through the double doors just past the turnstiles.
- Participants will sit on the benches along the half-wall inside the gym. The coaches will take attendance as they arrive.
- Parents may view from the viewing area upstairs. Please follow the viewing area rules: remove your outdoor shoes before crossing the track, do not use track for viewing, keep children off track, do not use the hallway for viewing.
- Please meet your children at the doors at the end of their class.

Trampoline Soreness

Many new trampolinists find the trampoline rough on the skin of their knees, elbows, and palms. This will get better and their skin will get tougher with time. If they have scabs, we will cover them with tape to prevent bleeding. Please encourage your child to continue and explain that it will improve after a couple of weeks of participation.

Behaviour Issues

It is very important that the children in the gym listen to the coach, follow instructions carefully, and stay with their group. Gym rules are reviewed regularly for each class. In the event a child misbehaves or is disregarding instructions, they may be given a "time out" on the bench. If behavior problems persist, the coach may contact the child's parents to discuss options.

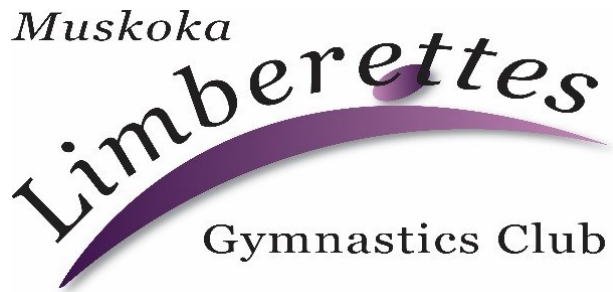
Cancellation of Classes

Classes are rarely cancelled due to weather. In the event that we are required to cancel, we will send an email to those classes affected. There will also be a message on the answering machine and our Instagram page. Classes cancelled for reasons beyond our control will not be rescheduled.

Photography

Please note that no unauthorized photography or video recording is permitted in the Bracebridge Sportsplex. Each session we will host a "Photo Week". For the Fall session, photos and videos may be taken **October 17th—23rd**. Please continue to follow the viewing area rules during this time.

NO FLASH PHOTOGRAPHY IS ALLOWED AT ANY TIME!



Withdrawals and Refunds

- If you choose to withdraw from a class before the program begins, you can request a refund for the class amount less a \$15.00 administration fee. You may also request a credit on your account for future use with no administration fee. Credits may be used by any member of your family for classes, camps, or pay-as-you-go classes. The G.O. fee is non-refundable.
- If you choose to withdraw from the class up until four weeks into the session, you may request a refund less the pro-rated classes and the administration fee or you may transfer the unused fees to your account as a credit, with no administration fee.
- If you choose to withdraw from a class AFTER four weeks of the session, you will only receive a credit toward future classes.

General Clothing for All Participants

- All athletes can wear shorts and a t-shirt, a gymnastic leotard, leggings, or jogging pants.
- **No** spaghetti strap tops, skirts/tutus, or shorts/pants with buckles, buttons, or belts are allowed.
- Please leave all jewelry at home. Dangling earrings, necklaces, bracelets, anklets, and watches are not allowed. **We are not responsible for any items left in the gym.**
- All long hair must be tied back (boys and girls).
- Trampoline athletes may wear **CLEAN** socks;

COVID-19

Please do not send your child to gymnastics if they are unwell.

Refer to the Province of Ontario self-screening tool and follow guidelines given.

<https://covid-19.ontario.ca/self-assessment/>

In the event that the Province of Ontario mandates a facility closure due to COVID-19, a credit will be placed on your account for any remaining classes. **Refunds/credits will not be issued for classes missed due to illness.**

If you have any questions, please contact us at (705) 640-0099 or muskokalimberettes@gmail.com