



## Training Session Rules

By becoming a London Trampoline Academy or London DMT member you agree to abide by the following training session rules. This applies to all participants, coaches, parents, guardians, carers, officials, and other volunteers.

The aim of these rules is to help ensure a fun and safe environment for all, including at training sessions, competitions, and other club events. Failure to follow this will result in termination of your membership (see complaints and discipline procedure).

If you have any queries, please email [info@londontrampoline.com](mailto:info@londontrampoline.com)

### Clothing

Participants must wear appropriate sports clothing, including socks. Participants not wearing appropriate sports kit may not be able to participate in the session.

Appropriate clothing includes:

- Sports shorts and t-shirt
- Leotard
- Tracksuit bottoms
- Leggings
- Clean socks or trampoline/DMT shoes

The following is **not** suitable:

- Jeans
- Trousers or shorts with buttons or zips
- Dresses or skirts
- Hooded clothing
- Any clothing with items that could damage the trampoline (i.e. buttons etc) or could come off (i.e. sequins)
  
- Clothing must be different from that which has been worn all day.
- All participants must wear shoes when not in the sports/competition hall
- Long hair must be tied up
  - hair bands with hard decorative items on are not suitable.
  - Decorative head bands are not suitable

### Jewellery

All jewellery and piercings must be removed or taped including ear piercings, nose piercings, and naval piercings.

Watches, including smart watches and activity trackers such as fitbits must be removed.

## Behaviour

Trampolining/DMT is a vigorous activity and the possibility of injury does exist. As such all participants must:

- Follow coaches and assistants' instructions
- Spot along the side of the trampoline
- Inform a coach and/or assistant if they are leaving the sports hall
- Keep belongings at the side of the hall, away from equipment
- Phones must always be kept in bags
- Not cross the DMT run up
- Arrive on time and stay for the duration of the session
  - If a participant needs to arrive late or leave early, this must be agreed in writing with coach in charge of the session
- Must ensure any queries are asked at the beginning or end of sessions so as not to disrupt the session.

## Belongings

Participants must bring the following with them to training sessions:

- a water bottle
- log book
- training diary
- a pen
- clean socks

Any other belongings must be kept at the side of the hall away from the equipment. Logbook and training diary will be supplied after membership fees have been paid.

## Drop off/Pick up

- Participants that are dropped off/collected for sessions should be brought to the collection area (noted in your trial session email) by the person(s) responsible for them.
- Participants under the age of 18 who are permitted to travel to and/or from sessions by themselves must have this noted on their class4kids account.
- Participants over the age of 18, who are considered vulnerable adults, but are permitted to travel to and/or from sessions by themselves must have this noted on the session register.

Updated: 03/08/2022

Review date: 01/08/2023 unless British Gymnastics release new policies prior to this date.