



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

Pain, Injury and Illness

Please do not attend class if you are physically unwell such as a cold. You must not attend class for a minimum of 48hrs after the last time you vomited or had diarrhoea. This is to keep all our club members and coaches safe.

Prior to the start of the class, the participant, parent, guardian or carer must notify the club or lead coach for the class if the participant is experiencing pain, injury, or illness which they have reason to believe will impact their participation in the class, or they have received medical advice concerning pain, injury, or illness. A decision will be taken, in collaboration with the participant, parent, guardian or carer about whether the participant can join in with the class or if reasonable adaptations need to be made.

If a participant sustains an injury during the class, the Club's First Aid Policy and Procedure will be followed. The parent, guardian or carer of the participant will be contacted either during the class or informed of the injury at the end of class during collection depending on the severity of the injury.

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
- Inform their coach of any injuries or illness they may have before the warm-up begins and must not train if they are unfit to do so.
- Spot along the side of the trampoline
- Inform a coach and/or assistant if they are leaving the sports hall
- Keep belongings at away from equipment
- Phones must always be kept in bags
- Not cross the DMT run up
- Not bring animals into the sports hall
- Chewing gum is not permitted in the sports hall
- Arrive on time and stay for the duration of the session
- Must ensure any queries are asked at the beginning or end of sessions so as not to disrupt the session.
- Every effort will be made London Trampoline Academy and London DMT to ensure the safety of all members during sessions
 - Parents/guardians are responsible for children before/after sessions (for under 6 years please see Pre-school policy)
 - Children must be permitted to leave the sports hall to go to the toilet by themselves to attend our 6+ years sessions



Belongings

Participants must bring the following with them to training sessions:

- a water bottle
- logbook
- training diary
- a pen
- clean socks

Any other belongings must be kept away from the equipment. Logbook will be supplied after membership fees have been paid.

London Trampoline Academy and London DMT cannot be held responsible for lost or stolen items. It is advisable for items of clothing to be labelled with the child's name and it is advisable to leave valuables at home.

Spectators

Spectators are welcome within the sports hall. In order to keep spectators, participants and coaches safe we ask that spectators abide by the following:

- Adhere to all Club policies and procedures as can be found here: [Policies, Procedures & Rules – London Trampoline Academy](#)
- Filming or photography is not permitted as per the Club photography policy
- Spectators may not bring pets into the sports hall
- Spectators are not permitted to approach the equipment unless specifically requested to do so by the coach.
- Spectators under the age of 18 must be accompanied by a responsible adult
- Spectators should not interact with participants during sessions without the permission of the coach as participants are required to spot when they are not on the equipment and leaving the equipment may result in an unsafe environment.
- Spectators may only approach coaches once the session has been dismissed as coaches should not be distracted.
- Spectators should report any safeguarding concerns to the Club Welfare Officer: welfare@londontrampoline.com in line with our safeguarding policies: [Policies, Procedures & Rules – London Trampoline Academy](#)

Drop off/Pick up

- Always arrive in plenty of time for the start of the session and ensure that your child is collected promptly at the end of their session.
- Children must be accompanied into the collection area and collected from the collection area at the end of the class.
- If you are new to the Club, you should introduce yourself to the coach in charge as this will ensure children only leave the gym with someone the coach recognises.
- Participants that are dropped off/collected for sessions should be brought to the collection area and collected from it (noted in your trial session email) by the person(s) responsible for them.



- Simply dropping children outside for them to make their own way into the gym is not acceptable.
- Children must not leave the gym without an adult.
- 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.
- Participants with health conditions that may affect training, such as asthma, may need to show their medication prior to beginning training
- If a participant needs to arrive late or leave early, this must be agreed in writing with coach in charge of the session
- If a participant needs to be collected by someone different to usual, please send details of this via email to info@londontrampoline.com

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