



## **SSGC MEMBERSHIP PACK**

**Updated April 2026**

### **We are pleased to welcome you to the South Shropshire Gymnastics Club**

Every member will receive this membership pack, which outlines our club's rules, expectations, and important information. We kindly ask that you take the time to read through it together with your child.

SSGC is a friendly and inclusive community gymnastics club. Our goal is to help each child achieve their personal best in gymnastics, while also supporting the development of key life skills along the way. As an affiliated British Gymnastics club, we follow all BG rules and guidelines. With their support, we proudly promote "Gymnastics for All."

All of our coaches are fully qualified and hold up-to-date safeguarding and DBS certifications to ensure a safe and supportive environment for every gymnast.

### **CONTACT INFORMATION**

<p>Coaching Venues and Address:  <b>South Shropshire Gymnastics Club          Unit A, Great Oaks Business Park,          SY8 1LS</b>          (Next to Pets at Home)</p>	<p><b>Parking Information:</b>          The area outside the unit entrance is for drop off and collection only. We ask where possible to park further out on the eco park or similar if you can. We do not have permission to use Pets at Home car park or the Squirrel car park so please only park here if you are using their establishments.</p>
	<p>Many thanks for your cooperation</p>
<p><b>Craven Arms Community Centre (CasCA),</b>          Newington Way, Craven Arms,          SY7 9PS</p>	<p>There are two small public car parks available nearby, free of charge. <b>Please do not park on Newington Way</b>, as this road must remain clear at all times for residents and emergency vehicle access.</p>
<p>Website:  <a href="http://www.ssgymnasticclub.com">www.ssgymnasticclub.com</a></p>	<p>Head Coach: <b>Caroline George</b> - <a href="mailto:ssgymnasticclub@btinternet.com">ssgymnasticclub@btinternet.com</a>          Administrator: <b>Laura Baker</b> - <a href="mailto:southshropgymclub@gmail.com">southshropgymclub@gmail.com</a></p>
<p>Phone number: <b>07769151649</b></p>	<p>Club Chair: <b>Michelle Hollins</b> – <a href="mailto:ssgcchair@gmail.com">ssgcchair@gmail.com</a></p>
<p>Charity number: <b>1188923</b></p>	<p>Welfare Officer: <b>Rosie Smith &amp; Vicky Caswell</b> - <a href="mailto:welfareofficerssgc@gmail.com">welfareofficerssgc@gmail.com</a></p>
<p>British Gymnastics no: <b>86479</b></p>	<p>Parent Representative: <b>Mark Jones</b> – <a href="mailto:frankyandbilly@gmail.com">frankyandbilly@gmail.com</a></p>



**Communication Guidelines** – All parents must have the Spond app to stay up to date with events and communications. Alternatively, the Facebook page will also be updated with the majority of information. Parents and carers are encouraged to use email as the primary method for routine communication and initial contact as these are checked most regularly. Brief conversations with the Head Coach after training are welcome when appropriate. For longer or more detailed discussions, please arrange a mutually convenient appointment in advance.

## **COACH, PARENT & GYMNAST AGREEMENT**

At SSGC, we believe that a successful gymnastics experience is built on a strong partnership between coaches, parents, and gymnasts. This agreement outlines the shared responsibilities of each party.

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### **The Parent/Carer Agrees to:**

- Ensure their child attends training sessions punctually, regularly, and with the correct equipment.
- Support the club's values, policies, and expectations.
- Reinforce the club's behaviour and discipline standards.
- Encourage and support their child's participation in competitions and events.
- Communicate any concerns that may affect their child's performance, behaviour, or wellbeing
- Encourage our gymnasts to be independent - parents are not required to stay as all gymnasts are insured, therefore we ask parents to stay outside of the sports hall to reduce distraction for the gymnasts during classes.
- Support the club's development as a community-run organisation by:
  - Assisting with fundraising activities when possible.
  - Attending the Annual General Meeting each year.

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### **The Gymnast Agrees to:**

- Be polite, respectful, and considerate towards coaches, peers, and all members of the club.
- Arrive on time for every session, dressed and ready for training, as changing facilities are currently unavailable.
- Bring all necessary equipment to each session.
- Complete all training tasks and any assigned homework to the best of their ability.
- Take pride in their appearance and wear appropriate attire in line with the club's dress code.
- Respect and care for the club's equipment and facilities.

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### **The Club Agrees to:**

- Provide inclusive, high-quality gymnastics in line with the British Gymnastics "Gymnastics for All" programme.
- Maintain a safe, respectful, and supportive environment for all gymnasts.
- Communicate with parents regarding any issues related to punctuality, attendance, or equipment.
- Keep parents informed of any concerns that may impact their child's performance, behaviour, or attitude.
- Continuously assess each gymnast's development and assign them to the group that best supports their progress.



Parents are reminded that every gymnast is unique and develops at their own pace—success looks different for everyone, and not all will become champions. It's important to support each gymnast's individual journey without comparing their progress to others.

Our coaches always act in the best interest of each gymnast. The coaching team will determine the most suitable training group and development path, with regular reviews to ensure it remains the best fit.

**Attendance & Punctuality** – It is extremely important that gymnasts regularly attend coaching sessions. Please remember that places are limited and in high demand.

Punctuality is essential for all coaching sessions. Warm-ups are thoughtfully designed to include important conditioning and flexibility components, which play a crucial role in preventing injuries. It is the responsibility of both the gymnast and their parent or guardian to ensure they arrive with enough time before the session begins. *Gymnasts should not enter the sports hall until a coach collects them from their parent or responsible adult.*

**Notice Period** – If your child decides to stop participating in gymnastics, we kindly ask for 4 weeks' notice. This notice period allows us sufficient time to manage administration and offer the space to another gymnast on our waiting list.

**Fitness & Injury** – Gymnastics requires individuals to develop flexibility, strength, and stamina in order to perform the necessary skills and routines effectively.

Flexibility is particularly important—not only does it enhance skill execution and overall presentation, but it also plays a key role in injury prevention. While we prioritise proper body preparation and conditioning to minimise risk, injuries can occasionally occur. These may result from activities both within and outside the gymnastics environment.

Manual stretching is essential for gymnasts. While it may be uncomfortable at first, most athletes quickly adapt to the routine. Practicing stretching at home, when possible, can help gymnasts become more comfortable with this important aspect of training. Building strength and stamina is equally vital, as these attributes support the acquisition and safe combination of skills into full routines. Gymnasts are encouraged to push themselves within their limits to achieve new elements safely and effectively.

**Training Attire** – In accordance with British Gymnastics membership and insurance policies, please ensure the following:

- No jewellery is permitted. Earrings may be taped over if ears have been recently pierced, but only for the first 12 weeks. After this period, all jewellery must be removed to maintain valid BG insurance coverage.
- Hair should be neatly tied back above the shoulders and kept away from the face. Avoid using hair clips, as they can become loose and pose a risk of injury.
- Appropriate clothing includes: leotards, sports shorts, leggings, joggers, and t-shirts or long-sleeved tops. Tracksuits are permitted during warm-ups and are useful for keeping gymnasts warm after sessions.



- SSGC uniform t-shirts, jogging bottoms, and jackets are available for purchase. For more details, please visit the SSGC website.
- Do not wear clothing with zips, buttons, denim, or hoodies during training.
- Bare feet are required during all gymnastics sessions.



## Club Fees and British Gymnastics Membership April 2026

Monday's Ludlow					
Group	Start Time	End Time	Class Length	Monthly Fees	Description
Preschool & G1A	16:05	17:05	01:00	£27.30	Independent Preschool Class. Age 3-5 years
Group 1B	16:05	17:05	01:00	£27.30	General Gymnastics. Approx age 5-6 years
Group 1C	16:05	17:05	01:00	£27.30	General Gymnastics. Approx age 6-7 years
Group Advanced Junior	16:05	18:05	02:00	£39.65	
Group 2	17:15	18:15	01:00	£27.30	General Gymnastics. Approx age 7-8 years
Group Advanced Senior	17:15	19:15	02:00	£39.65	
Group Advanced Mixed	17:15	19:15	02:00	£39.65	
Group Teen	17:45	19:15	01:30	£32.90	General Gymnastics. Approx age 11 years +
Group 3	18:15	19:15	01:00	£27.30	General Gymnastics. Approx age 8-11 years
Tuesday's Ludlow					
Group	Start Time	End Time	Class Length	Monthly Fees	Description
Parent & Toddler	10:15	11:00	00:45	£20.00	Me & You class 14 months - 3 years*
Preschool	11:15	12:00	00:45	£25.20	Independent Preschool Class. Age 3-4 years
Freestyle Junior	16:45	17:45	01:00	£28.55	Freestyle Gymnastics. Approx age 5-7 years
Freestyle Senior	17:45	18:45	01:00	£28.55	Freestyle Gymnastics. Approx age 8 years +
Wednesday's Craven Arms					
Group	Start Time	End Time	Class Length	Monthly Fees	Description
Parent & Toddler (Ludlow)	10:15	11:00	00:45	£20.00	Me & You class 14 months - 3 years*
Preschool (Ludlow)	11:15	12:00	00:45	£25.20	Independent Preschool Class. Age 3-4 years
Group 1A	16:15	17:15	01:00	£24.20	General Gymnastics. Approx age 4-6 years
Group 1B	16:15	17:15	01:00	£24.20	General Gymnastics. Approx age 4-6 years
Group 2A	17:15	18:30	01:15	£26.70	General Gymnastics. Approx age 7 years +
Group 2B	17:15	18:30	01:15	£26.70	General Gymnastics. Approx age 7 years +
Thursday's Ludlow					
Group	Start Time	End Time	Class Length	Monthly Fees	Description
Parent & Toddler	10:15	11:00	00:45	£20.00	Me & You class 14 months - 3 years*
Preschool	11:15	12:00	00:45	£25.20	Independent Preschool Class. Age 3-4 years
SEN Group	15:40	16:10	00:30	£22.30	General Gymnastics for SEN children
Group 1	16:15	17:30	01:15	£31.45	General Gymnastics. Approx age 5-9 years
Group Advanced	17:15	19:15	02:00	£41.40	
Friday's Ludlow					
Group	Start Time	End Time	Class Length	Monthly Fees	Description
Parent & Toddler	10:15	11:00	00:45	£20.00	Me & You class 14 months - 3 years*
Preschool	11:15	12:00	00:45	£25.20	Independent Preschool Class. Age 3-4 years
Group 1	16:00	17:00	01:00	£28.55	General Gymnastics. Approx age 4-7 years
Group 2	16:00	17:15	01:15	£31.45	General Gymnastics. Approx age 6-7 years
Group Advanced Mixed	16:30	18:00	01:30	£41.40	
Group 3	16:30	18:00	01:30	£34.35	General Gymnastics. Approx age 8-10 years
Saturday's Ludlow					
Group	Start Time	End Time	Class Length	Monthly Fees	Description
Parent & Toddler	09:15	10:00	00:45	£20.00	Me & You class 14 months - 3 years*
Preschool	10:15	11:00	00:45	£24.10	Independent Preschool Class. Age 3-4 years
Preschool Plus	10:15	11:00	00:45	£24.10	Independent Preschool Class. Age 3-4 years
Group 1A	10:15	11:15	01:00	£27.30	General Gymnastics. Approx age 4 years
Group 1B	10:15	11:15	01:00	£27.30	General Gymnastics. Approx age 5 years
Group 2A	11:30	12:30	01:00	£27.30	General Gymnastics. Approx age 5-6 years
Group 2B	11:30	12:45	01:15	£30.05	General Gymnastics. Approx age 6-7 years
Group 2C	11:30	12:45	01:15	£30.05	General Gymnastics. Approx age 7-8 years
Group Advanced Juniors	11:30	13:30	02:00	£39.65	
Group Advanced Seniors	12:30	14:30	02:00	£39.65	
Group 3	12:30	13:45	01:15	£30.05	General Gymnastics. Approx age 8 years +

\*All children in Parent & Toddler Classes must be supervised and supported by an adult at all times



### Payment Process –

At SSGC, the first **two weeks** of sessions serve as a **trial period** and are **pay-as-you-go**. You will receive a payment link for these sessions, which must be paid **before the first trial class**. If your child wishes to continue after the trial period, you will receive an invitation to set up a **direct debit**. Please check your junk/spam if the invitation does not appear in your inbox shortly after confirming your child's continued attendance.

The direct debit will collect and fees for the remainder of that month and then begin the **regular monthly payments** from the 3rd of the following month.

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### British Gymnastics Membership –

All new members are **covered by SSGC insurance for the first two weeks**. After this period, each child **must** hold a current membership with **British Gymnastics (BG)**—the official governing body for gymnastics in the UK. BG membership provides insurance coverage as well as access to discounts and other benefits. If your child is already registered with BG, no further action is needed. If not, please visit: [www.british-gymnastics.org/membership](http://www.british-gymnastics.org/membership).

Memberships must be **renewed annually in October**. BG & SSGC will send reminders in advance to ensure continued coverage.

#### **Current BG Membership Fees:**

- £18.00 for Pre-School Gymnasts
- £24.00 for School-Age Gymnasts

Please note: It is a **legal requirement** that all gymnasts and coaches at SSGC have valid BG membership.

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### Rise Awards & Badges –

SSGC participates in the **Rise Award Scheme**, developed by British Gymnastics. To take part, your child must have a valid BG membership. Without it, we cannot register your child in the system, track their progress, or award badges.

All gymnasts will work toward badges at their own pace. Once they've demonstrated competency in all required skills, the badge will be awarded.

#### **Badge Costs:**

- £4.50 for a **certificate and medal**
- £2.00 for a **certificate only**



## **ANTI-BULLYING POLICY**

SSGC is fully committed to safeguarding and promoting the well-being of all its members. We recognise that bullying can have a serious and lasting impact on the mental, emotional, and physical health of children and young people.

We believe that everyone involved in the club—gymnasts, coaches, officials, and parents—must always treat one another with respect and consideration. Creating a safe and supportive environment is a shared responsibility, and bullying of any kind will not be tolerated. Gymnasts and parents can be assured that any reported incidents of bullying will be taken seriously and addressed appropriately.

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### **Policy Objectives –**

- Ensure that all coaches, administrative staff, gymnasts, and parents understand what constitutes bullying.
- Ensure that coaches and trustees are aware of the club’s anti-bullying policy and are prepared to follow it consistently when incidents are reported.
- Ensure that gymnasts and parents know the club’s stance on bullying and understand the appropriate steps to take if they witness or experience bullying.
- Promote a culture where bullying is not accepted and everyone works together to keep the club a safe and inclusive space for children, young people, and adults alike.

Our aim is to provide a strong, united response to ensure SSGC remains a positive, respectful environment for all.

### **What is bullying?**

At SSGC we recognise that bullying behaviour can be exhibited in many different forms:

- Emotional - being unfriendly, excluding, tormenting
- Physical - pushing, kicking, hitting, punching or any use of violence
- Racist - racial taunts, graffiti, gestures
- Sexual - unwanted physical contact or sexually abusive comments
- Homophobic - because of, or focussing on, the issue of sexuality
- Transphobic - because of, or focussing on the issue of a transperson’s identity
- Verbal name-calling, sarcasm, spreading rumours, teasing
- Cyber - all areas of social media misuse including abuse by text messaging and calls, misuse of camera and video technologies

*Practical examples could include:*

- A coach who adopts an overly competitive philosophy i.e. shouting, name calling, or ignoring
- A parent who pushes their child too hard i.e. shouting at the young person
- Anyone who intimidates another member at the club
- It is important to remember that bullying behaviour can take place in the gymnasium, waiting area, changing area, toilets, and on the journey to and from the club



## Prevention

- Promote an anti-bullying culture using the club noticeboards and website, and adult role models
- Create an open environment
- Encourage all children to speak out and share their concerns
- Our codes of conduct include what is acceptable behaviour for our members, of which this anti-bullying policy is one part (all members and parents accept these policies and procedures upon joining the club)
- If a child/young person feels they are experiencing bullying behaviour they should:
  - speak to a friend, parent, coach, the welfare officer or another adult that they trust who can support them
  - Write the concern and give it to one of the above personnel or email the welfare officer directly
  - Look at the club noticeboard or visit the club website to help address what to do next

## Action

- Take all signs, allegations and reports of bullying seriously, whether online or offline/face to face, and take action to ensure the child/young person is safe
- Reassure the child/young person being bullied that it is not their fault and that it is okay to tell
- Tell them that you can be trusted and will help them. However, you CANNOT promise to keep what you have been told to yourself. Tell them you will only share it with people who need to know, so that they can help
- Listen to what the child/young person says and take what they say seriously. Make sure you clearly understand what the child/young person has said, so that you can pass on the information as appropriate
- Explain what will happen next, and how they are going to be kept informed
- Be sensitive and use good judgement when it comes to informing parents/carers of those whose negative behaviour is impacting on others. Put the child/young person at the centre - will telling the parents/carers result in more problems for the child/young person?
- Speak with those being bullied and those displaying bullying behaviour separately
- In cases of online/electronic bullying, advise children/young people who are being bullied by text, email or online to retain the communication (screenshot) or to print it out
- Talk with the child/young person who has been displaying bullying behaviour. Explain the situation and try to get them to understand the consequences of their behaviour
- Keep an ongoing record of what is said i.e. what happened, by whom and when
- Please note that strategies and solutions do not come in 'one size fits all'. Each case is unique and requires an individual response to the individual situation. What might work in one situation might not work in another. You might have to adopt different strategies before finding one that is effective

## Outcomes

- The person exhibiting bullying behaviour may be given a verbal warning and asked to genuinely apologise (as appropriate to the child's age and level of understanding)
- Additional consequences may take place e.g. parent/carer notified, written warning, parent/carer meeting, etc
- In some cases, outside agencies may be requested to support the club or family in dealing with a child continually demonstrating unacceptable behaviour towards others



- In serious cases, the child may be asked to leave the club permanently - this is at the discretion of the trustees
- If possible, the individuals concerned will be reconciled using restorative practice
- During and after the incident(s) has/have been investigated and dealt with, each case will be recorded in the welfare incident log and monitored to ensure repeated bullying does not take place
- The Welfare Officer will be informed of any incidents recorded in the welfare incident log along with action taken, sanctions and appropriate reconciliation

**Thank you for taking the time to read through our membership pack.**

As always, we are very grateful to all parents for their ongoing support, and we are very much looking forward to welcoming your child to South Shropshire Gymnastics Club to begin their exciting new gymnastics journey!

*Many thanks,  
Caroline and the SSGC Team*