

GW Club Gymnastics Participant Agreement Spring 2020

Conduct

Members are expected to have a respectful and positive attitude, value teamwork, show dedication, and participate actively in activities and events. Members must be aware that we share some of our gym time at Dynamic with children/parents/coaches, and therefore must act appropriately and set a good example. Failure to do so may result in a revoked membership. Per Article III, Section 2 of our constitution, "Member privileges may be revoked by a unanimous decision of the Executive Board, based on but not limited to the perception of the member's participation, dedication, teamwork, and attitude. Members may be nominated for privilege revocation by any member of the organization through an email, text message, or in-person conversation to the President." In the event that a member has lost privileges for this reason, "A revoked member may request to rejoin the next academic year, but must have their request granted by a 3/5 majority vote of the Executive Board." Please keep in mind that these values need to remain present inside and outside of the gym, and we take these very seriously.

Dues

Participants are subject to paying dues each semester. For Spring 2020, all members must pay by Monday, January 27th at 8pm in order to be allowed into practice that day and beyond. Those who join or pay later than that will be subject to a late fee.

Regular Rate: \$75 paid by January 27th.

Late Fee Rate: \$100 paid after January 27th.

Participants may choose to pay by venmoing Vice President Ellen Lynch (@ellenlynch) or by bringing cash to Ellen. Failure to present payment by the due date will result in an ineligibility to attend practice, social or volunteer events until payment is received.

Risk Management

Participants are required to read the GW Club Gymnastics Risk Management Sections below:

I. Attire/Gear

- Although leotards are not required, gymnasts must wear tight and flexible clothing for their own safety and safety of their spotter if they are receiving a spot for a skill.
- Baggy clothing is not permitted.
- Long hair should be tied back.
- Grips are optional for gymnasts who wish to use the uneven bars, the high bar or still rings. The gymnasts would provide these for themselves.
- Supportive wrist, knee, or ankle braces may be worn at the gymnast's discretion to prevent joint injury. The gymnasts would provide these for themselves.
- Old or damaged grips and braces are not to be used as they are unsafe for gymnastics and may result in injury.

II. Club Operation

- Hours for training are defined, gymnasts may not train at the practice facilities beyond those hours, unless the third-party practice facility is sanctioning and supervising a private event that the gymnast wished to attend.
- At least one club officer is to be present at each practice and serve as a supervisor during practice.
- No horseplay or running around in the gymnastics facility.
- Beginners are to follow *safe and sound progressions* (refer to section VI) when trying new gymnastics skills. Experienced gymnasts are to do the same when attempting new and more advanced skills.
- Only USAG Certified Instructors, Jr. Professionals, or Professionals may perform spotting. The only exception lies with individuals who are trained by the USAG Certified individuals. They may spot other gymnasts as well.
- These designated spotters may refuse to spot an individual if they feel as if their spot will be inadequate to keeping the gymnast safe. In this case, one to two more experienced spotters should take over.

III. Safe and Sound Progressions

Skills wished to be performed on each apparatus should be mastered in the following orders:

*For each event, gymnasts must show correct body positioning/shapes in related drills and should be cleared by a USAG Certified Instructor, Jr. Professional, or Professional to continue to the following progressions.

- Balance Beam
 - Line on floor
 - Low beam with panel mats (gradually lower panel mats)
 - High beam with landing mats underneath (gradually lower level of landing mats under beam)

*Skills should be mastered on wider beam before performing them on standard-width beam

- Floor Exercise
 - Tumble track with spot, then without spot
 - Floor with spot and landing mat (gradually remove spot and landing mat)
- Vault/ Pommel Horse
 - With spot and landing mat
 - Without spot and gradual decrease in absorbance of landing mat
- Uneven Bars/ High Bar/ Parallel Bars/ Still Rings
 - With spot in slow motion and landing mat
 - With spot in regular speed and landing mat
 - Without spot and gradual decrease in absorbance of landing mat

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By signing this form, I acknowledge that I understand the expected conduct and relative consequences. I also acknowledge that I am subject to paying the dues as outlined above. Lastly, I understand the risks of participating in gymnastics and I agree to follow the Club's plan for risk management.

Name: _____ GWid: _____

Signature: _____ Date: _____