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# GYMNASTICS EXPERIENCE



## Booking Pack

Coach led session for up to 10 people aged 11-Adult.

# Thank you for booking at Huntingdon Gymnastics Club

Please read Carefully!

## Terms and Conditions

### Your Booking includes:

- 10 individuals including yourself (all roughly the same age or ALL adults)
- Half an hour warm up session led by a fully qualified gymnastics coach
- A choice of equipment to use in your group—please try to decide what you want to have a go at before you arrive:
  - ⇒ Beam
  - ⇒ Bars
  - ⇒ Track
  - ⇒ Pommel
  - ⇒ Pit

For 11 years old to 17 years: Please ensure that you provide an adult for every 5 attendees, this is important to maintain safety in the gym. Each booking for 11 to 17 year olds will require two responsible adults to attend the session.

- Only one person allowed on the trampoline at any time—and only with coach permission.
- No food or drink allowed in the gym, no alcohol, anyone showing signs of being under the influence of drugs or alcohol will be asked to leave. Gymnastics requires focus and concentration.
- No somersaults or gymnastic elements permitted without full instruction from a coach
- Jump into the pit feet first and always check there is nobody underneath

Apart from the responsible adults, no spectators allowed.

Make sure you look after your personal belongings—the Gym accepts no responsibility for personal property—items left unattended are at owners risk. Huntingdon Gymnastics Club reserves the right to stop a sessions if coaches believe behaviour of participants is dangerous.

No refund will be offered if the coaches deem that behaviour or intoxication prevents them from delivering the session safely.

## What you need to do now:

### **Adults:**

- Get the Adult waiver forms signed ahead of the event, one is required for each attendee

### **11 year olds to 17 year olds:**

- Get the waiver form signed by all guardians/parents or carers before the event. We need the contact details for all those attending the gym experience, in case of emergencies.

Both Waiver Forms are available on the website

**NB: If you do not have the information you will not be allowed to enter the**

If you or any of your guests have a medical condition please advise us ahead of the event. Thank you.

The safety rules will be explained by the coach at the start of the event. They must be observed at all times - if these are not adhered to Huntingdon Gymnastics Club reserves the right to end the event in the interests of safety.

The Club accepts no liability for any accidents which occur as a result of the safety rules having not been adhered to.





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Huntingdon Gymnastics Club

