

Gymnastics Parents Information Sheet

Do parents have to stay in the centre?

Parents of gymnasts under the age of 8 years need to stay in the centre to be able to deal with any issues their child might have. Parents are not allowed to stand in the hall due to health and safety and can wait in the café, outside of the hall or in the spectator areas.

What are the toileting procedures?

If a participant is under 8 years old, then it is the responsibility of the parent to take them to the toilet. Gymnasts aged 8-15 years are sent to the toilet in pairs (buddy system) without an adult, but no participant is allowed to leave the hall without a coach's permission.

Arrival and collection from sessions

Any gymnast that arrives over 5 minutes late for the session will not be allowed to take part. This is because the warm-up, stretch and register have already taken place. Parents need to drop off and collect children at the end of the session, if your child is 8yrs+ then you can drop them off to the class ensuring you have seen them entering the sports hall and collect them at the end of the session.

What do I do if my child had any medical conditions or a disability?

A Gymnastics Adaptation form can be downloaded from the website and should be completed and emailed to gymnastics@leeds.gov.uk. Following completion of the form one of the gymnastics co-ordinators will contact you to book an assessment (if necessary) or to book you into a suitable session. Any medical condition or disability must be disclosed on enrolment to the course for health and safety purposes.

What should children wear for gymnastics classes?

For gymnastics classes all children work in bare feet and should wear a leotard, shorts/leggings and a t-shirt. Items such as skirts, tights, jeans or crop tops are not suitable. All jewellery and watches need to be removed, where jewellery can not be removed it should be sufficiently covered by a sweat band or tape.

How do participants progress the skills they need?

Gymnastics skills are broken down into small steps (progressions) which must be mastered before the whole skills can be achieved. Skills must be mastered on the floor before being transferred to apparatus, this is to ensure the gymnast is physically prepared and mentally capable of developing the skill.

Who can I speak to about my child's progress?

You can keep track of your child's progress on the home portal. If you have any issues logging onto the home portal please contact 0113 378 8001. If you would like to discuss the lessons in more depth it may be possible to speak to the coach before or after the session. Alternatively, you can email gymnastics@leeds.gov.uk quoting your child's name, centre, class day and time and then an update on your child's progress can be arranged.

Transferring and moving classes

When your child reaches the next age group the coach will make them a mover, this adds them to the movers list, and you will then need to log onto the home portal to move them to a more suitable class.