Gymnasts, are you prepared for your session?

Clothing:

- Long hair must be tied up neatly prior to arriving for your class. Extremely long hair should be placed in a bun so that no hair touches the floor whilst child is upside down.

- All jewellery must be removed, including earrings. New piercings should be covered by tape, before your class, until they are able to be removed. Once your child is able to remove their earrings they should always be removed for their class.

- All gymnasts should wear comfortable, appropriate and non-restrictive clothing with no zips, buttons or buckles. Leotards and t-shirt and leggings/joggers/shorts are all acceptable clothing for gymnastics. **Two-piece costumes with bare midriffs are not allowed.**

- Kennylands Gymnastics has a non-compulsory uniform available for purchase comprising of leotard, t-shirt, hoody and onesie. Details can be found on our website/portal and can be ordered via the Customer Portal.

- Gymnasts work in bare feet so socks should be removed prior to entering the gym. Verrucas should be covered with a suitable plaster and/or microtape secure enough to maintain coverage for the duration of their class.

What to Bring:

- Named water bottle

Remember:

- Ensure you arrive in good time for your class. **Late arrivals beyond 10 minutes will not be allowed to join in.**

- Be ready to listen, try your hardest and have lots of fun! ☺

- Maximise your training session by being prepared and help our classes begin on time!

Parents:

- We have a small Reception area that is available for parents to wait during their child's class. A CCTV screen is located here for you to view your child's class as parents are not able to enter the corridor or gymnasium area. During warm and dry weather our gymnasium doors will be open allowing further viewing.

- Parents should confirm their child's attendance for each session using the Touch Screen devices located in Reception. You can either enter your phone number or scan your QR Code to check your child in for their class. You can download your family/student QR Code from your account on our Customer Portal by selecting "Account/MyAccount" and clicking on "QR Codes". Family QR Codes will work for all children enrolled in classes.

- **Please ensure you have added a contact phone number to your account prior to arrival – it is imperative that we have contact information in case we need to contact you during a session.**

- If you are bringing another child with you, you will need to have their parent/carers phone number/QR Code (registered to their account) to check them in.

- Please do not bring nuts into the facility. We have several members with severe nut allergies so appreciate you helping us maintain an "nut free" zone.

Recreation Classes:

- Upon registration, your child should proceed to the corridor and place their shoes under the blue benches and their belongings using the pegs provided. Our Coaches will be on hand to help our younger members with this process.

- Children should then wait in the corridor on the blue benches until their groups are called into the gym.

- Please help your child to remember which group they are in – these are: **Rio, Beijing, Tokyo, London or Athens**. You can find this by logging into your account and clicking on "Enrolments"

- Water bottles should remain with your child to go into the gym with them

- Collection will be at the rear door leading into the car park. Please ensure you leave the Reception area via the Front Door *promptly* to collect your child ensuring this area is empty for the next class to avoid overcrowding.

Preschool Classes:

- Upon registration, please proceed to the corridor and place shoes under the blue benches and belongings using the pegs provided.

- GymLets carers are welcome to wait in Reception during their child's class
- Baby changing facilities are located at the end of the corridor just before the exit door.
- All club policies are available to view on our website at www.kennylandsgymnastics.co.uk under **About/Policies**