



# HOLIDAY CAMPS



## Gymnasts, are you prepared for your session?

### What to Bring:

- Named water bottle
- Snacks for Half & Full Day sessions & lunch for Full Day sessions.

### In Warmer Months:

- **Towel** – if the weather is dry and warm, snack and lunch breaks may be taken outside so a towel or picnic rug is useful for them to sit on
- **Trainers** – we may participate in games outside during break and lunch periods and suitable footwear would be desirable to participate in these.
- **Suncream** – please send your child in with suncream already applied. We have a shelter outside during summer camps where the children can play/sit in the shade but some games may take place in unsheltered areas.
- On hot days we may utilise water activities to play outside during lunch breaks – if you would rather your child did not get wet or participate in these, please notify our coaching team on arrival to their session. A spare tshirt/shorts/leotard etc may be useful on hot days if participating in any water games 😊

**PLEASE NOTE WE ARE A NO NUT FACILITY - PLEASE DO NOT PACK FOOD CONTAINING NUTS**

### Clothing:

- Long hair must be tied up neatly prior to arriving for your class – we are unable to do this for your child.
- All jewellery must be removed, including earrings. New piercings should be covered by tape, before your class, until they are able to be removed. We are unable to do this for your child.
- 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
- Gymnasts work in bare feet so socks should be removed prior to entering the gym. Verruca's should be covered with a suitable plaster/microtape.



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## Important:

- Please arrive **15 minutes prior to the start of your session, 8.45am / 12.45pm**. This will enable us to safely register the gymnasts in time for their session whilst maintaining social distancing measures. Your grown up must remain with you until you have been registered.
- Late arrivals beyond 5 minutes (9.05am/1.05pm) will not be allowed to join in. The gym door is locked after this time and registration will have closed.
- Late pickups are not acceptable or desirable and we reserve the right to charge a £10 late pickup fee for any member who is 10 minutes late or more.
- 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!
- All policies are available to view on our website at [www.kennylandsgymnastics.co.uk](http://www.kennylandsgymnastics.co.uk) under About/Policies

***It is assumed that you have read, understood and agreed to our Policies in sending your child to our Holiday Camp sessions***