



SC047496
Dumfries Y Gymnastics Club
Handbook

Wish, Dream, Believe, Achieve

2023/2024

For Parents, Gymnasts, Coaches and
Officials

Welcome to Dumfries Y Gymnastics Club

The Dumfries Y Gymnastics Club was formed in 1977 and currently has around 580 members who come from across Dumfries and Galloway. We have two dedicated gymnastics facilities in the region. We are based at Dumfries Y Gymnastics Centre located at 101 English Street, Dumfries and Dumfries Y @ Annan is located at Unit 13 and 12b Silverlaw Industrial Estate, Annan. The Club is run by both paid and volunteer coaches, and is helped by the Parents Help Group. Coaches are fully qualified, have PVG membership and have all attended up to date Child Protection and safeguarding children courses.

This Handbook includes information about the club rules and our code of practice. The code of practice will outline the standard of behaviour that is required from all gymnasts, coaches and parents associated with the club. It will ensure that everyone involved with the club enjoys a safe, friendly and welcoming environment.

Who is Scottish Gymnastics?

Scottish Gymnastics is the national governing body of gymnastics in Scotland, responsible for the governance and development of gymnastics across Scotland.

Scottish Gymnastics is a membership of around 170 clubs and more than 30,000 gymnasts, coaches and officials.

Scottish Gymnastics staff work across four key functional areas, Club Development, Performance Gymnastics, Coach and Judge Education and Corporate Operations. Our performance directorate are responsible for the development of world class gymnasts and coaches.

Our gymnastics development directorate are responsible for the development of grassroots gymnastics, developing stronger sustainable clubs and our education & pathways directorate are responsible for ensuring the pathways are in place to increase the quality and quantity of gymnastics coaches and officials in Scotland.

Scottish Gymnastics staff work toward achieving the strategy set out within the strategic plan. An overview of the Scottish Gymnastics teams and functions are outlined below.

Development & Participation

The development team have a remit to support gymnastics clubs in their development activities ensuring that we have a network of strong, sustainable and ambitious clubs. We will work with partners to ensure that clubs have a structure of good governance aligned to progressive and enterprising business plans. This is outlined in our effective club framework. The participation team deliver programmes to encourage different ways of accessing fantastic gymnastics across the country. They are also responsible for delivering the two major non-competitive events per year, Gymfest.

Education

The education team's primary function is to support and develop coaches and judges across the country by offering quality, meaningful and accessible education and continuous professional development opportunities across the disciplines to promote the development of a talented and professional gymnastics workforce.

Performance & Events

The performance team leads and directs the implementation of the performance strategic plan, in line with the operations plan to establish long terms goals with clear performance indicators. We oversee the international competitions programme and lead an innovative structure of sports science support in conjunction with the Institute of Sport. The events team plan, and deliver the domestic competition events programme.

Communications and Marketing

The communications and marketing team are responsible for the management and coordination of all marketing, communications & sponsorship activity for Scottish Gymnastics. Providing support across the organisation, activity includes, creation & implementation of strategic marketing plans, promotion of initiatives, membership communications (via our website, social media and newsletters), media management, event management and accountability for managing existing sponsorship relationships and developing new partners for the association.

Safeguarding

The Safeguarding team is responsible for ensuring both the organisation and its member clubs comply with legislation surrounding the protection of children, young people and vulnerable adults. Developing, writing and implementing, relevant policies, procedures and providing education and training support, guidance and bespoke support to clubs, coaches, officials and parents/guardians.

Corporate

Scottish Gymnastics corporate departments provide essential business support across the organisation. These areas include, HR, Information Technology and Office Management, and Finance, these areas ensure that Scottish Gymnastics meets its commitment to the organisation's strategic priorities.

The Club is fully affiliated to the Scottish Gymnastics Association, the national governing body for the sport in Scotland.

All gymnasts aged 3 years+ MUST have membership with Scottish Gymnastics - <https://register.british-gymnastics.org/gymnet/register/registerstart>

4 – Piece Competitive Gymnast and Advanced Floor and Vault – Full Floor routine	Silver Competitive Gymnast	£45
Gymnast Reccy4All, Intermediate Reccy4all, Floor and Vault , Limitless, MAG	Bronze Gymnast	£21
Preschool Gymnast over 3 years	Bronze Preschool	£15

In addition to Scottish Gymnastics membership, all members must pay an annual Club membership of £15 which is due by the end of January each year to the Club.

For our 2023 membership we have now included the following benefits:

- 10% off the first clothing order placed in 2023 (Competition Milano leotards and training jackets not included)

- Birthday parties held at 2022 prices
- 5% discount on all 2023 gymnastics In house camps booked (Not including specialised camps with guest coaches or one to one sessions)

ALL MEMBERS WILL THEN PAY AGAIN AT THE START OF THE NEW YEAR (JANUARY)

Anti-Doping - Clean Sport Policy

Scottish Gymnastics believes in clean gymnastics, working in partnership with British Gymnastics and adopting their anti-doping policy and rules. If you are a member of Scottish Gymnastics and British Gymnastics, then these clean sport rules apply to you, regardless of what level you participate at [Clean Sport | Scottish Gymnastics](#)

Scottish Charitable Incorporated Organization (SCIO)

In July 2017, DYGC was granted SCIO status by the Office of the Scottish Charities Regulator (OSCR). This means that the Club operates on a charitable or 'not for profit' basis. The Club has a Board of Trustees which comprises the three Charity Trustees. The Club also has a parent help group which is made up of coaches, Club officials and parents.

MISSION STATEMENT

Dumfries Y Gymnastics Club strives to provide a safe, nurturing environment for gymnasts of all ability, inspiring and enabling them to reach their full potential in their chosen sport, as well as supporting their physical, mental and social development.

Wish, Dream, Believe, Achieve



Core Values

Respect – for ourselves, our gymnasts, our teammates, our coaches and our opponents, demonstrating sportsmanship at all times

Growth – to encourage our gymnasts to grow in confidence, self-esteem, resilience, and gymnastic and life skills

Commitment – to do the best we can for our members, our coaches and our Club

Nurturing – to provide our members with a safe, fun and inclusive environment to enjoy and learn the sport of gymnastics

Honesty – to build trust within the Club through our policy of openness and honesty

Development – offering young people volunteering opportunities providing them with leadership and employability skills

The Sport of Gymnastics

Women's Artistic Gymnastics is probably the best-known branch of the sport and is one of the biggest crowd pleasers at the Olympic Games. It is an exciting, aesthetic, yet extremely demanding discipline incorporating vault, asymmetric bars, beam and floor and range and conditioning.

Vault

This is a dynamic exercise from a springboard over a vaulting table 125cm high. It demonstrates power and accuracy, combining height and length, sometimes with multiple rotations or twists to finish with a controlled landing.

Bars

This exercise is performed on two bars, one high, one low, over and between which gymnasts perform swinging movements and breath-taking skills where the bar is released and re-caught.

Beam

This awe-inspiring piece of apparatus is 5m in length, 125 cm high and only 10cm wide. Requiring tremendous nerve and balance, the exercise combines artistry, acrobatic elements, balances, leaps, jumps and turns and finishes with a dismount demonstrating flight and precision landing.

Floor

The floor exercise is performed on a 12m x 12m sprung floor. A sequence of dance movements, tumbling, acrobatic elements, jumps, spins and leaps is choreographed to music expressing the gymnast's personality, style and flair.

Range and Conditioning – This is to show the strength and flexibility of the gymnast with a wide skill set.

Men's Artistic Gymnastics is an Olympic discipline in which gymnastics moves are performed on a variety of specialist apparatus: floor; pommel horse; rings; vault; parallel bars; high bar. Each of the six pieces of apparatus require incredible agility, strength, balance and co-ordination, and it is regarded by many as the most technically demanding of all sports. Mens' specific pieces are:

Pommel Horse

A routine on pommels is composed of smooth, continuous pendulum-type

swings and circling movements of the legs. All parts of the horse should be used with a combination of double leg circle, scissor movements and handstands. This is regarded by many as the most difficult apparatus to master.

Rings

A gymnast on the rings displays a variety of movements demonstrating strength, support and balance. They perform swings and holds requiring considerable strength with both forward and backward elements finishing with an acrobatic dismount.

Parallel Bars

A combination of swinging elements and balances are performed between and across the bars. The gymnast must travel the full length of the apparatus and work on top of the bars as well as below them. The gymnast swings in and out of handstand with giant swings and somersaults between the bars.

High Bar

The high bar incorporates swinging and flight movements including changes of grip and the gymnast releasing and re-catching the bar, which is set 2.60m high in the air. This piece of apparatus is considered one of the most spectacular of all gymnastic events.

The sport of gymnastics also incorporates Acro, Disability, Rhythmic, TeamGym, Schools, Trampoline/Double Mini Trampoline (DMT) and Tumbling.



Club Structure

Gymnasts that are selected for one of our competitive squads **MUST** take part in at least four competitions per year - two Scottish Gymnastics competitions and two in-house / external, unless given prior exemption by the Head Coach.

DYGC Structure is as follows:

Competitive (4-piece)

The Competitive groups form the advanced section of the Club. These girls compete on all 4 pieces. Gymnasts train for between 12 and 22 hours per week. This section is based at our Dumfries facility.

Club Development / Development

Our Club Development group consists of gymnasts between 5 and 8 years old who have shown potential to progress to the main Competitive groups. They train on all 4 pieces. Club Development gymnasts train for 5 hours a week and Development gymnasts 10 hours per week.

Floor and Vault Squads

Our floor and vault squad train for 5 hours per week and compete at Beginner, Intermediate and Advanced level depending on previous scores obtained at Scottish Gymnastics competitions. Classic Floor and Vault is at the discretion of the Head Coach and rules set out by Scottish Gymnastics.

Intermediate Recreational

Gymnasts who are advancing quickly in recreational classes will be invited to join this group to advance their skills. This is part of our pathway into one of our competitive squads. They train 2 hours each week. This is offered at both our Dumfries and Annan facilities

MAG Development

We started a new MAG section in 2022, where we have Beginner, Intermediate and Advanced sections training weekly. We hope 2023, will see more development within this section and Reccy4All, throughout the year.

Reccy for All

Open to all children regardless of experience, the Recreational groups give a basic introduction and progression across the 4 gymnastics elements. We have an awards scheme that they work towards throughout the year and are given the opportunity to compete at in-house competitions. This is offered at both our Dumfries and Annan facilities.

Limitless (formerly GymDance)

Limitless is our display section. This group is made up of former gymnasts and new gymnasts with an interest in dance and gymnastics. Combining gymnastics skills with choreography, Limitless gives the opportunity for ex-gymnasts to maintain and develop their gymnastics floor skills and tumbling whilst putting together formal routines to showcase at Club and community events. Limitless also participate in competitions for display groups such as Sapphire competition, as well as Gymfest, a national event attended by some of the top Acro and display squads in the UK. Gymnasts from all sections of the Club are given the opportunity to participate in Gymfest with the Limitless Team.

Pre-school

Fun gymnastics sessions to promote spatial awareness, balance and beginning to develop the basics of gymnastics movement for the under 5s. This is offered at both our Dumfries and Annan facilities.

Advanced Pre-school

A new class for those in pre-school classes aged 3+ who are showing the ability to advance their skills on all 4 pieces. This will include a more structured training session and progress to more challenging skills. This is also to be offered at Annan Y in the near future.

Fun4Baby

Fun4Baby sessions aim to provide a framework for baby's natural physical and psychological development. Fun4Baby sessions are for parents and babies who have completed their 6-8-week paediatric assessment and up to 14 months old. This is offered at both our Dumfries and Annan facilities.

Club Groupings

The grouping structure of the competitive section of the Club takes into account of a number of factors for individual gymnasts. Groups are created and changed at the discretion of the Head Coach and the Coaching Team. Gymnasts may be moved between groups for a range of reasons, including skills, approach to training, age and maturity and mental wellbeing. This is reviewed on a regular basis **along with testing**.

Admission to the Club

Entry to the Intermediate Reccy, Advanced Pre-School, Floor and Vault, Club Development and MAG Development and 4-Piece Squads, whether from within or out with the Club, will be by periodic formal assessment or by recommendation from our coaching team. An initial trial period may be offered to allow a child to adapt to change of hours/structure and monitor their progress and well-being.

Competitive Squads / Trial squad gymnasts

There is a requirement for competitive gymnasts to purchase additional equipment for training for safety purposes and to enhance their strength. This equipment will depend on the group they are in but may include:

- Chin up bar
- Handguards
- Bar loops and gloves
- Foam roller
- Parallettes
- Bands for flexibility

They will also be required to purchase the relevant club leotard and tracksuits for each section for competitions.

Specialised Camps – with Guest coaches

Sandy Richardson- High Performance Coach and ex Commonwealth Head Coach and 2017 Lifetime Achievement Award winner for Scottish Gymnastics. Sandy has coached at number of Scottish gymnastics and British gymnastics clubs in his coaching career.

Matt Jackson -High Performance Coach and independent Specialist Coach who works alongside Scottish gymnastics to develop coaches and gymnasts with the potential to achieve international success for Scotland in the future. Matt firmly believes in a culture of hard work, continuous

improvement, taking ownership and embracing challenge

Residential and Day Visits

In 2022, we visited Inverclyde National Training Centre for Sport for our first Residential camp and returned again in 2023. This has proven to be a huge success for gymnasts and coaches and we hope to make this an annual trip. There is additional costing for this weekend, and is currently offered to our squad groups.

We also visit external clubs for training. Hamilton, Auchterarder, Dynamic and Eagles are just some of the clubs we have visited. Training days are on selection and extra costs are involved to cover transport and any other costs for training.

Club Rules

Gymnasts must arrive promptly and be prepared to commence the gymnastics session on arrival.

Please go to the toilet before the session starts!

The wearing of rings and jewellery is not permitted for health and safety reasons. This includes ear piercings, lip/nose piercings and body piercings. Newly pierced ears must be taped for 6 weeks then removed after that for training. **It is the responsibility of the parent/carer to ensure that ears are taped prior to arrival or gymnasts may be denied entry.** Please note that all jewellery must be removed for competition. Taping is not permitted.

Wearing of false nails is a hazard when in the gym as it can cause severe injury to the gymnast, other gymnasts or coaches. If false nails are worn or if the gymnast's nails are excessively long, then the gymnast may NOT be allowed to train and you will be asked to collect them.

Cans and glass bottles are not allowed in the gym. Gymnasts should bring drinks in a plastic or sports design water bottle. Fizzy drinks are NOT allowed. (We do have water fountains at the gym, however we don't provide cups).

No food is to be brought into the gym. For those gymnasts who train longer periods and have break or lunch, this should be brought in a lunch bag/box and be stored in the kitchen area. Parents are asked to make sure that all rubbish is taken away when they leave the gym.

Long hair may become a hazard and it has to be tied back from face in plaits or a bun at all times to avoid accidents. **This must be done prior to arrival at the gym.** Please wear appropriate gymnastics leotard. Gymnastics shorts or leggings are acceptable but cannot be worn for competitions. Gymnasts should work in bare feet. For safety reasons socks alone must not be worn in the gym. Gymnastics shoes can be worn if required. Please be aware of the risks associated with wearing glasses and minimise the risks by making sure that glasses are worn securely.

The Club is not responsible for any personal belongings brought to the club such as mobile phones; these are left in their bags / cubby at their own risk. We cannot accept any responsibility for the loss or damage to these items.

Class4Kids Booking System

All Club bookings, payments and email communications are currently managed through the Class4Kids system.

The system is used for all emergency contact details and medical conditions. It is therefore of utmost importance that these are accurate and kept up to date with any changes. Please ensure full details of medical conditions and any emergency procedures to be followed are detailed.

As of 1st march 2023, we are changing to a new system, Love Admin. This system has additional functionality, such as a Shop, which we hope to use for all the clothing orders.

Club Fees and Refund Policy

1. Club fees are reviewed annually and are calculated over the period of a year then divided by 12 for the monthly payments. The monthly payment includes ClassForKids' fees and handling charges. The fees take into consideration any dates the gym is closed due to in-house competitions, the Club attending competitions and time off during the Easter, Summer, October and Christmas holidays.
2. Club fees for Recreational and competitive squad gymnasts are calculated on an hourly rate and then calculated for the month. Pre-school will be calculated by term. The monthly payment includes ClassForKids' fees and handling charges.
3. Fees are due in advance, via Class4kids and must show in our account before partaking in any Dumfries Y Gymnastics Club's sessions, competition, holiday camps, etc.
4. If any fees are overdue by more than 30 days this may result in membership suspension and the gymnast will be unable to partake in gymnastics sessions or other club activities.
5. Current members have priority for class spaces before any remaining spaces are offered to those on our waiting lists, so it is most important fees are paid on time.
6. Entry fees for competitions are not included in the monthly fees and vary depending on competitions and clubs. Entry fees are payable in advance of entry closing dates and are non-refundable if gymnasts withdraw from competitions.
7. Parents of Recreational gymnasts are agreeing to a fixed class each week for your child for one month. Classes may not be changed during the month and refunds will not be issued if the whole month is not completed.
8. Parents of gymnasts who pay a monthly fee are agreeing to fixed classes for one whole month and refunds will not be issued if the gymnast leaves the Club before the end of the month.
9. There are no refunds for sessions missed by a gymnast, including replacement sessions arranged by the club but not attended.
10. In cases of extreme weather or unforeseen circumstances such as flooding, loss of power or enhanced cleaning due to Covid-19, it may be necessary for us to cancel classes if it is not deemed safe to open the gym. Although we will make every effort to offer replacement classes we are unable to guarantee this. Dumfries Y Gymnastics Club is unable to reimburse any cancelled classes for this reason.

11. If a session is cancelled, alternatives will be offered whenever possible. In the case of a prolonged shutdown related to Covid-19, alternative classes via Zoom will be offered wherever possible.
12. If a gymnast leaves Dumfries Y Gymnastics Club and has not taken advantage of replacement sessions that have been made available, no refunds will be offered.
13. Session refunds for specific situations will only be made in exceptional circumstances. Any **refund** requests must be made within 30 days of payment and will be considered by the Board of Trustees of the Charity. Staff do not have the authority to authorise refunds.
14. The sessions, session timetable and session content may be changed at any time by Dumfries Y Gymnastics Club.

Absence Procedures - Dumfries

If your child will not be attending training, please TEXT ONLY

to 07557 685 916

including the gymnast's name and reason for absence.

**IN CASE OF AN EMERGENCY OUR LAND LINE NUMBER IS
01387 255 201**

Absence Procedures – Annan

If your child will not be attending training, please TEXT ONLY

to 07799 171 732

including the gymnast's name and reason for absence.

IN CASE OF AN EMERGENCY, YOU CAN CALL THE ABOVE NUMBER

- **PLEASE NOTE THE ANNAN MOBILE WILL ONLY BE AVAILABLE WHEN CLASSES ARE ON!**

PARENTS SHOULD NOT INFORM INDIVIDUAL COACHES



Code of Conduct for Gymnasts

Dumfries Y Gymnastics Club wants everyone to feel comfortable and safe in the gym, so we all need to think about how we behave. During your gymnastics class everyone should:

- Be on time for the start of the session.
- Respect other gymnasts at all times and be supportive and encouraging to each other at all times.
- Attend all training sessions. Sessions should not be missed if gymnasts wish to improve on their performance.
- Tell your coach of any injuries or illnesses you may have before the warm-up begins.
- Wear suitable clothes for training as described in the gymnasts' dress code.
- Follow the Club rules and always respect coaches and their decision.
- Listen carefully to the coaches and follow their instructions. Treat coaches with respect at all times.
- Treat all equipment with respect and only use it when told to by a coach.
- Tell someone if you see or hear anything in the gym which you do not like.
- Stay in the gym at the end of a session until collected by your parents/guardian.
- Do not leave the gym area during training without the consent of your coach.
- Swearing or improper language will not be accepted within the Club.
- Gymnasts' mobile phones should remain switched off during session times. If there is an urgent need to use a phone, gymnasts should inform their coach.

Disciplinary Action

Gymnasts

- Where a gymnast is in breach of the Gymnasts Code of Conduct or behaving in any way to disrupt the gymnastics session, he/she will receive a verbal warning from the relevant coach.
- Where a second verbal warning is required, the coach may direct the gymnast to withdraw from the session. It will be at the coach's discretion whether the gymnast is allowed to resume training for the remainder of the session.
- Where behaviour is persistent or of a serious nature, the gymnast will be suspended from the session, and from training overall until a meeting is held with parents/carers of the gymnast in question.
- In circumstances where a resolution cannot be found, or the behaviour persists, DYGC reserves the right to withdraw the Club membership of the gymnast(s) in question.

Code of Conduct for Parents

Parents/guardians play an important role in promoting a child's happiness and success in gymnastics. Positive encouragement from you will contribute to your gymnast having a sense of personal achievement, higher self-esteem and improved fitness and skills level. Find out what your child wishes from the sport, and then help them to set realistic targets to achieve.

It is important for parents to:

- Encourage a healthy lifestyle for their child.
- Please text the absent line to inform that your child will not be attending training.
- Share any concerns or complaints about any aspect of the club through the approved channels and not by talking to other parents.
- Communicate any concerns or relevant information about your child to their named coach. This should be done via email to the club account info@dygc.co.uk.
- Support your child's involvement and help them to enjoy the sport.
- Help your child to recognise a good performance as well as good results.
- Help the coach to do the best for your child. Please do not make any

- changes to any routines or skills that the coach has taught your child.
- Encourage your child to do their conditioning homework as set by their coach.
 - Always ensure that your child is dressed appropriately for the sport and brings a water bottle to training.
 - Use the correct and proper language at all times.
 - Inform the club of any changes in contact details.

Disciplinary Action

Parents/Carers/Associated Adults

- Where a parent/carer/associated adult is in breach of the Parents/Carers Code of Conduct, the Club will issue a verbal warning to that person through the Head Coach.
- Any further breach of the Code will result in a written warning being issued to the respective party.
- Where behaviour is persistent, or constitutes a serious breach of the Code, or is a threat to staff or Club welfare, DYGC reserves the right to:
 - a) deny the relevant parent/carer/adult the right of entry to the Gymnastics facility.
 - b) withdraw the membership of the gymnast(s) with whom any of the adult(s) is/are associated.

Competition Etiquette for Gymnasts

When they reach the required age and standard, gymnasts will take part in gymnastics competitions. This may be in-house such as Club Championships, at other gymnastics clubs, or at a national level organised by Scottish Gymnastics. Regardless of the competition setting, gymnasts are required to observe strict rules of etiquette.

Gymnasts must arrive at competitions in Club tracksuit and leotard. Hair must be neatly tied back and out of gymnast's face. You must arrive on time for registration and make sure you have hand guards, gloves and loops, copy of floor music, water etc.

Do not go into the warmup area until asked to do so. Once the gymnast enters the warmup area, there should be no contact between the gymnast and their parents unless there is an emergency.

You must be courteous, respectful and polite to all officials, hosts, competitors and coaches. When you are not competing, be on your best behaviour and encourage and compliment other gymnasts and your teammates.

Remain away from all the equipment except during officially designated warm up and competitive periods. Keep all your belongings neatly in a bag during the competition. Always accept your placing in the competition line up and remain with your coach and the team until the competition is over.

Competition Etiquette for Parents

- Please arrive on time for competitions.
- Be courteous, respectful, and polite to all officials, competitors, spectators and coaches.
- Once the gymnast has entered the competition area there should be no contact between the gymnast and parent unless there is an emergency.
- Please do not try to speak to the coaches once they are on the competition floor unless it is absolutely necessary.
- When the competition is finished, please ensure that you praise your child for a job well done, even if they have made some errors.

- Each club must provide a volunteer on the day of the competition. This may be as a music co-ordinator or door steward. Parents are expected to take their turn doing this.
- Please respect the coaches' decisions that are made on the day. They have your child's best interest at heart and any decisions made will be for the benefit of the team or individual gymnasts.

DYGC Competitions Guidance

Scottish Gymnastics National Artistic Championships

This annual event is held at Bell's Sports Centre in Perth. Gymnasts from all around Scotland compete for the Scottish Senior, Junior and Espoir Championship titles. The first day of the competition is the all-around competition which also serves as the qualifier for the individual apparatus finals which are held the next day.

Grades Competitions

The Grades competition is an annual event which requires gymnasts to compete to a programme of set skills and moves. Gymnasts who pass at a Grade cannot resit this Grade at a future time. There are different levels of Grades including Club, Regional, National and Compulsory.

Classic Challenge Competition

With the Classic Challenge, gymnasts compete to routines made up from a range of moves within composition requirements rules. This competition is set at different levels ranging from Zinc to Gold.

Club Championships

Held every year, all competitive DYGC gymnasts are eligible to compete in the Club Championships. We have also introduced an 'in house' Floor and Vault Competition.

In-House Recreational Competitions

All gymnasts are eligible to compete in our in-house recreational competitions which are held twice a year.

External competitions

Gymnastics Clubs across Scotland regularly hold their own competitions to

which Clubs are invited. Examples of these are competitions held by Hamilton GC and Dundonald GC.

Women's Artistic Pathway Training

Scottish Gymnastics is on an exciting journey with a 12-year strategy (2015 - 2027) that will see the growth of a 'strong Scottish Gymnastics, inspiring and nurturing emerging talent' with the theme of world class taking front and centre. The strategy has four inter-connected core area of Clubs, People, Gymnasts and Corporate. Performance gymnastics is a key priority within the gymnast's pillar of our 12-year strategy.

In order to create a world-class system of we must recruit, invest in and retain, world-class coaches at both the elite and pre-elite levels who align and share the Scottish Gymnastics vision and values. In order to achieve this vision.

Sessions will provide accessible opportunities to gymnasts, coaches and clubs across both men's artistic and women's artistic disciplines to improve the skill execution of gymnasts and increase the talent pool. The team will deliver consistent content aligned to aims and targets agreed by the performance department and national technical advisors in the performance programmes.

Training sessions will deliver consistent content aligned to 'brilliant basics' which focus on fundamental skills with the aspiration to improve the skill execution of gymnasts and to increase the talent pool in women's artistic gymnastics in Scotland. The sessions are coach development focussed and look to support coaches in clubs in Scotland to deliver fun and inspiring gymnastics and develop robust gymnasts who are physically, psychologically and technically capable of achieving long term success.

Scottish Gymnastics is committed to the safeguarding and wellbeing of everyone. The programmes are based on a culture of providing a supportive environment for gymnasts to thrive, to embrace challenges and overcome setbacks as well as starting to engage in the ownership of their training and their development. Our approach is athlete centred, coach led and performance driven with athlete well-being and coach development at the centre.

The Club attended these Pathway Training sessions for the first time in 2022. There is a set skill matrix for attendance, and for gymnasts to be able

to get the most out of the pathway training, coaches should only put forward gymnasts that are securing the skills.

Code of Practice for Coaches/Club Officials

It is the policy of the Dumfries Y Gymnastics Club to ensure that the gymnasts and young people who take part in the club should be able to participate in an enjoyable and safe environment. They should be protected from neglect, bullying, and physical, emotional and sexual abuse. Any actions or comments made by a coach when dealing with gymnasts should be well considered and should never give rise to misinterpretation.

Scottish Gymnastics Code of Practice for Coaches and Officials

Code of Practice - Key principles:

- Coaches must respect the rights of every individual to participate in sport. Coaches must develop a relationship with gymnast based on openness, honesty, mutual trust and respect.
- Coaches must demonstrate proper personal behaviour and conduct at all times.
- Coaches must attain necessary levels of competence through qualifications, and a commitment to ongoing professional development to ensure safe and correct practice.
- Coaches and Officials must behave in an exemplary manner and be a role model for excellent behaviour. Club Members should always promote the Club in a positive way.

Car Parking Policy

Strictly no cars are permitted to enter the carpark at any time. This is for safety reasons and to comply with the terms and conditions of our lease. The car park is the property of Dumfries Bed Centre and there are delivery vehicles and customers entering and leaving it throughout the day, so please ensure that children are not allowed to cross the carpark unsupervised.

Emergency and First Aid Treatment

If your child is injured while training, they will be given first aid treatment by a qualified first aider. It is important that your contact information remains up to date so that you can be contacted if your gymnast is injured or becomes ill during a session. Please keep this up to date along with medical conditions via Class4Kids.

Parent Volunteer Helpers

The Club relies heavily on the support of our parent volunteer helpers. They support the Club organising fundraising activities and helping at in-house competitions. All money raised is used to:

- Buy equipment
- Undertake Club trips to other gymnastics facilities
- Advance coach education
- Hold Annual Awards nights
- Provide expenses for external judges who assist with our Club championships.

If you would like to help out and become part of this group, then please contact Gina True for more information on fundrasing@dygc.co.uk

Publication on Social and other Media

The Club regularly submits articles for publication, including gymnasts' images, to local newspapers and magazines. The Club also uses Social Media to advertise and promote the Club in general. Please refer to the following document:

DYGC Photography and Social Media Policy

Child Protection Policy

The welfare and safety of the children who attend the club is a high priority for us. We have a duty of care to all our gymnasts and we strive to provide a safe learning environment within which they can excel. As with all gymnastics clubs in Scotland, we have adopted the **Scottish Gymnastics Safeguarding - Child Protection Policy** which is available to parents on the Scottish Gymnastics website.

The Club has a designated Safeguarding Officer with whom any serious concerns can be discussed. Matters will be dealt with confidentially and only those who need to know will be informed. The name and contact details of the Club Safeguarding Officer are contained at the end of this handbook.

Complaints

Parents are encouraged to discuss their gymnast's progress with the appropriate coach. There may be occasions where a parent has a query about an aspect of their gymnast's training, or about the conduct of the Club in general. These issues can generally be dealt with by the gymnast's coach or the Head Coach of the Club.

There may be occasions, however, where a parent wishes to make a formal complaint. The Club adheres to the **Scottish Gymnastics Complaints Procedure** and the Club will advise a parent of the most appropriate course of action to take with regard to those procedures.



DYGC Gymnasts Who Train with other Clubs

It is occasionally the case that a gymnast will train with Dumfries Y Gymnastics Club and also with another gymnastics club in Scotland. If this is the case, then the following will apply:

Both Clubs need to be aware of, and in agreement with, the joint membership arrangement.

The gymnasts can only compete for one of the clubs of which she/he is a member. This inevitably means that the gymnast's competition and training programme will be set by the club for which the gymnast is competing. Joint club membership must be compatible with this, and there must be communication between respective coaches with regard to the training content expectation at the non-competing club.

Gymnasts who train at the Y Club will be liable for full training fees irrespective of their membership with another club.

The above conditions will also apply where gymnasts are members of separate clubs within the one area i.e. within Dumfries and Galloway.

All member gymnasts will be subject to the Dumfries Y Club Code of Conduct for gymnasts.



Bullying

Dumfries Y Gymnastics Club will not tolerate bullying of any form at the Club.

Bullying can be a complex behaviour which leaves people feeling helpless, frightened, anxious, depressed or humiliated. It should be defined by the person or people affected. It is therefore not always easy to narrow down behaviours into a statement which will cover all actions and situations. However, it is important to recognise and acknowledge bullying behaviours so we can identify them when they are happening.

Bullying behaviours can include situations within the gymnastics session such as name calling, being put down or threatened, being ignored or left out or having rumours spread.

Bullying behaviours can also happen out with the session and by 'cyberbullying' where threats or harmful remarks can be made by text, email, or on social media sites and message boards.

The Club will take any allegation of bullying seriously, and will deal with it according to the Scottish Gymnastics anti-bullying procedures:

Scottish Gymnastics - Guidelines for Identifying and Managing Bullying of Children and Protected Adults

If a parent is **concerned** that their gymnast is being bullied within the session, they should speak to their child's coach in the first instance. Where the situation cannot be resolved, or is one of a particularly serious nature, the Club Child Protection Officer will be contacted for advice and, if necessary, independent action.

Dumfries Y Gymnastics Club Coaching Tea

L2 Head Coach:	Steven McKinnel (First Aider)
L3 Coach:	Karen Howatson
L2 Coach:	Lisa McLachlan (First Aider)
L3 Coach:	Lorna Lumb (First Aider)
L2 Recreational Lead:	Rachael McGarva (First Aider)
L2 Coach:	Katie Lumb (First Aider)
L2 Coach:	Emma Lumb (First Aider)
L2 Coach:	Gina True (First Aider)
L2 Coach:	Lia Mitchell
L2 Coach:	Kayla Hudson (First Aider)
L2 Coach:	Hana King (First Aider)
L3 Coach:	Sarah Parker
L1 Coach:	Alisha McKinnel (First Aider)
L1 Coach:	Niamh Kerr (First Aider)
L1 Coach:	Liam True (First Aider)
L1 Coach:	Louise Ramsay (First Aider)
L1 Coach:	Sommer Dean
Trainee L1 Coach:	Lauren True (First Aider)
Parent Helper:	Kelly Struthers

Pre-School & Fun4Baby

L2 Lead Coach:	Dee McKinnel (First Aider)
L2 Coach:	Gina True (First Aider)
L1 Coach:	Katie Lumb
L1 Coach:	Steven Mckinnel
L1 Coach:	Tracy Hudson (First Aider)
L1 Coach:	Rachael McGarva (First Aider)
L1 Coach:	Alisha Mckinnel (First Aider)
L1 Coach:	Kayla Hudson (First Aider)
L1 Coach:	Hana King (First Aider)
L1 Coach:	Lia Mitchell

Disability Awareness Module

Dee McKinnel, Alisha McKinnel and Gina True

Choreographers

Jayd Flager and Jenna Flager

YOUNG HELPERS

We have a number of young helpers:

Kayla Nelson, Freya Patterson, Aimee Parker, Grace Patterson, Aimee Carruthers, Lucy Galligan, Boyd Sibbring.

Our young helpers are assisted through their Saltire Awards from age 12 and can complete their Learn To Coach qualification (LTC) at age 14. Many go on to complete further coaching qualifications.

If you are interested in helping out within our classes and looking to gain your Saltire Awards. Please contact Gina or Steven to discuss further.

Junior helpers and LTCs are part of the Coaching Team and have a coaching role under the supervision of L2/3 qualified coaches.

All coaching staff are regularly subject to PVG checks and undertake Scottish Gymnastics Safeguarding courses and In-house training.

Dumfries Y Gymnastics Club Board of Trustees

SCIO Chair: Gina True

Trustee/Secretary: Lisa McLachlan

Trustee/Treasurer: Louise Ramsay

Dumfries Y Gymnastics Club Parent help group

Club Manager:

Gina True

Club Safeguarding Officer:

Leanne Carberry

Fundraising Officers/Parent Help Group:

Brooke Telfer

Grants Officer:

The club is also supported by Volunteer Helpers and Parent Helpers. If you have some spare time, please consider helping as a volunteer with the Club.

Please contact for more information: info@dyc.co.uk

Appendices (Available on Request)

SGA Child Protection Policy

SGA Code of Practice for Coaches and Officials

SGA Complaints Procedure

**SGA Guidelines for Identifying and Managing Bullying of
Children and Protected Adults**

SGA Equality and Diversity Policy

DYGC Photography and Social Media Policy

DYGC Grievance Policy

DYGC Membership and Fees Policy

DYGC Competitions Guidance