



RETURN TO GYMNASTICS IMPORTANT INFORMATION

Here at PCYC Penrith we are very excited to be on the way to getting our gymnastics program back up and running! For the time being there will be some extra rules in place to ensure the top priority is the health and safety of all of our gymnasts, staff and families!

- Classes will be capped in accordance with numbers set for group sporting activities. Our 587 sq metre gymnastics hall allows us to accommodate multiple groups whilst adhering to physical distancing.
- Our equipment will be cleaned regularly, and rigorously, as per Gymnastics Australia guidelines for gymnastics equipment.
- We recommend where possible that you drop off your child at the start of their lesson and pick them up at the end. There will be some seating available for parents however due to physical distancing this will be limited.
- Children are encouraged to regularly wash and sanitise their hands before, during and after classes. In some instances they may be requested to sanitize their feet before using apparatus. Please notify us immediately if your child has any underlying health conditions, particularly, skin conditions.
- Toilets will remain open, however, they MUST NOT be used as a change room.
- All children will be required to attend the toilets in pairs or with their parent if present.
- We encourage you to make sure your child arrives in clean and appropriate attire ready for gymnastics. Avoid wearing school clothes as after all day at school possible contamination can occur.
- Children will need their OWN water bottle (no sharing). All water fountains/refill stations remain closed for now – those training for longer may need to bring more than 1 water bottle.
- If your child is sick please inform us and DO NOT attend class! If your child starts to feel unwell during class, or shows flu like symptoms parents will be contacted to immediately remove your child.
- If your child begins exhibiting cold or flu like symptoms following any PCYC class please call and notify us immediately.
- Your child should shower upon arrival home from their PCYC class to reduce risk of possible transmission.
- Physical contact will be limited, however, coaches may still need to 'spot' occasionally for safety.
- We encourage all members to download the COVIDSAFE app.

KINDERGYM ONLY:

- We will be referring to the early childhood guidelines.
- One parent/carer per child is permitted to attend.
- Parents/carers must keep a safe distance from other adults in the group.

[Click here to access the Gymnastics NSW's 'Reboot gymnastics Family handbook'](#)

Children are adapting to the changes within society at the same time adults are however there can be differing expectations within different environments which makes it challenging for children to adapt to change at the pace that it is happening. Please talk to your child prior to class about changes that have been implemented to keep them safe and encourage them to listen to the coaches and follow instructions as directed. 😊

Class structure will be different - social distancing, venue restrictions, cleaning procedures and the financial impact of COVID-19 presents a multitude of challenges for gymnastics operators, like PCYC, which necessitate certain decisions to maintain program delivery. Parents should anticipate that new class structures will be implemented and may result in changes including but not limited to: smaller class numbers; the possible separation of friends (in to other groups); and possible changes to coaching staff. If you have any concerns regarding these changes please speak to us directly.



PCYC PENRITH GYMNASTICS ENROLMENT FORM TERM 1 2021

Childs name/s	D.O.B	Medical Conditions	PCYC member number (on back of card)
1.			
2.			
3.			
4.			
RESPONSIBLE PERSON DETAILS (Parent or guardian)			
FULL NAME:		RELATIONSHIP:	
CONTACT NUMBER:			DOB:
EMAIL:			
ADDRESS:			

PLEASE PLACE YOUR CHILDS NUMBER FROM ABOVE (1, 2, 3 or 4) IN THE BOX FOR THE CLASSES YOU WOULD LIKE TO ENROL THEM IN.

Please double check day and time selected as PCYC Penrith will not take responsibility for errors made on the booking form!

Term 1 - Wednesday 27/1/2021 to Friday 1/4/2021

GYMNASTICS			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$115	Kindi Gym 18mths to 4yrs	10am to 10:45am						
\$115	Ability Gymnastics 5yrs & above	4 to 5pm						
GYMSTAR								
\$115	G & Y 5yrs to 16yrs	4 to 5pm 5 to 6pm						
\$115	M & Star 5yrs to 16yrs	5 to 6pm 6 to 7pm						
WOMENS ARTIST GYMNASTICS (Competition)								
\$135	WAG Level 1 & 2	3:30 to 5:30pm						
\$170	WAG Level 3 & 4	5 to 7pm						
TEAMGYM								
\$115	Teamgym	6 to 7pm						
2021 Registration Fee		WAG: - \$100	GYMSTAR:- \$60		Kindi Gym:- \$50			

Using Active Kids? Please add the voucher numbers below! Name/Number (include middle name initials and D.O.B)	Total Price:
1.	
2.	
3.	
4.	



PLEASE TICK EACH BOX - I acknowledge and agree:

- I understand there is an annual **\$10 PCYC membership fee** for my child to participate in the PCYC programs.
- I understand that the Gymnastics term fee must be paid in full at the time of booking to secure a spot.
- I understand that there is a non-refundable \$60 (\$25 in term 4) Gymnastics Australia insurance/registration fee payable upon the first gymnastics booking for the calendar year. This registration will expire on the 31st of December regardless of when it was paid.
- I agree to the indemnity statement, I, the parent/guardian have read and agree to the attached essential information.
- I accept full responsibility for my child/ren's behaviour during the program and understand in the event of misbehaviour my child/ren may be excluded from the class.
- I have made PCYC Penrith aware of any pre-existing medical conditions my child/ren may have. PCYC Penrith is authorised to obtain medical assistance required in the event of any unforeseen accident or illness and I agree to meet any expenses attached hereto.
- I, the undersigned, agree that neither the PCYC nor its partners are liable for any losses, damage and/or injury occurred and/or sustained by my child/ren in attending the gymnastics program.
- I acknowledge having read and understood the 'RETURN TO GYMNASTICS - IMPORTANT INFORMATION' relating to COVID19.
- I have read, understood, and agree to the terms and conditions outlined below**

I _____ declare that I understand and agree to the indemnity statement acknowledgements and terms and conditions of the PCYC Penrith gymnastics program. I have read and understood the terms and conditions.

Sign

Date

Team member

TERM 1 GYMNASTICS PAYMENT ONLY:

Office Use only:				
Total paid:	Date:	Receipt #:	Staff:	
Payment method:	CASH	CARD	FAMILY CREDIT	AKR

BOOKING IS NOT CONFIRMED UNTIL YOU HAVE RECEIVED AN EMAIL CONFIRMATION FROM PCYC PENRITH. PLEASE ENSURE YOUR EMAIL ADDRESS ON THIS FORM IS CORRECT.

PAYMENT DETAILS (required if booking via email)	
Please Circle:	VISA MASTERCARD
CARD #:	
Name on Card:	Signature:
Expiry:	CVC#:



PLEASE DETACH THIS PAGE AND KEEP IT FOR YOUR OWN REFERENCE

Terms and Conditions:

- Places are limited and we operate on a first come first served basis. Forms can be submitted by either handing them into the club, or emailing them to penrith@pcycnsw.org.au.
- Enrolment will only be confirmed upon full receipt of payment and completion of booking forms. Until a confirmation email has been sent, the booking has not been finalised.
- All booking forms must be completed in full in order to be accepted.
- Enrolments will close when maximum capacity is reached. Classes cannot exceed maximum capacity. All enquires after maximum capacity is reached will be added to our waiting list.
- The Gymnastics Australia Registration fee is compulsory and non-refundable.

Missed lessons - Make ups, Credits and Refunds:

- In the event of a missed class, a makeup class will be offered provided management has been informed by email **prior** to the class commencing and there is space available in a comparable class. Make up sessions are complimentary. If there is no space available in a class of the same or similar skill level, a makeup class will not be possible and you will not be issued a family credit or refund.
- Credits can **ONLY** be applied for lessons missed for medical reasons with a doctor's certificate provided or in other extreme circumstances if approved by the Gymnastics Coordinator. A credit form will need to be filled out at the front desk and submitted with appropriate documentation. Credits will only be applied for weeks missed from the time a credit form is received until the end date of the medical certificate. Submitting a credit form does not guarantee credit, a coordinator will contact you regarding the outcome of your application. Classes missed for school camp, birthday parties etc. will not be credited. Credit applications must be lodged within a week of receiving a medical certificate/other documentation.
- A maximum of 2 credits per term will be applied for minor medical issues
- Refunds will **ONLY** be provided in the case of ongoing illness or injury with a doctor's certificate. A refund form will need to be filled out at the front desk and upon approval from management a reimbursement form will be provided. Refunds take 3-4 weeks to process.
- Only classes paid for with cash or card can be credited or refunded. We cannot offer credits or refunds for classes paid for with the Active Kids Voucher under any circumstances.
- Assessments will occur in week 9 of each term in all gymnastics classes except Kindi Gym. If the assessment lesson is missed for any reason, it can be made up on any other day in that week provided staff have been notified. Assessments will not be made up at any other time and students who miss the assessment will not receive a testing certificate in week 10.

Change of Class/Change of Mind

- Class day/times can be changed provided there is space available in the new class and the current class. If the class your child is already in has been fully booked, we are unable to move the child out of this class as we would have already turned away other people from this class.
- Refunds or credits cannot be given for change of mind.
- We suggest you carefully select class days and times as our classes book out quickly and schedule clashes on your part will not constitute a credit or refund.

Age and Skill Limits:

- The class selected must be appropriate to the child's age and experience.
- To enrol in an advanced class, students must have passed Gymstar level G & Y or have been invited. Students who do not meet these requirements will not be allowed to enrol in an advanced class.
- After payment has been made, children who do not meet minimum requirements for a class can still be removed. If this has occurred, you will be contacted by the gymnastics coordinator to reselect a class of a suitable level.
- Competitive classes are by selection only. Selection is at the discretion of coaches.

Punctuality:

- Students must arrive on time to class and be ready in the waiting area 5 minutes prior to the commencement of their class.
- Students who are more than 15 minutes late to class will not be allowed to enter as it is unsafe and disruptive to the lesson.
- Students must be picked up by a parent or caregiver at the conclusion of their class. Children cannot meet parents outside in the car park.

Attire:

- Students must be dressed neatly and appropriately for class, in comfortable tight fitting clothing with hair pulled back off the face. Students dressed inappropriately will be asked to change and may not be able to participate in class if their attire poses a risk to coaches or the athlete.
- Dresses, skirts, denim and jewellery (including watches) are strictly prohibited.
- No jewellery is to be worn with the exception of small earrings. We recommend children do not wear jewellery to gymnastics as they will be asked to remove it before participating and no responsibility will be taken by PCYC Penrith for lost or misplaced items.



Medical Conditions/Additional Needs:

- Parents are required to inform PCYC Penrith of any allergies, medical conditions or additional needs their child has when enrolling. Parents are requested to explain known triggers, symptoms and management strategies when dropping off their child to help staff recognise and treat the condition. Please advise the centre of any special requirements.
- An Anaphylaxis/Asthma plan must be provided for students with these conditions.
- Parents/Carers are permitted on the floor to assist in the case of a student with additional needs. Any additional needs should be brought to the attention of coaches/gymnastics management to ensure appropriate adjustments are made to the lesson if necessary.

Code of Conduct:

- Rules are established for the safety and well-being of all participants. Disregarding rules may result in exclusion from the program following consultation with program staff and parents/guardians.
- Poor behaviour will not be tolerated, any behaviour deemed inappropriate or offensive may result in sanctioning.
- If a participant displays inappropriate behaviour, a coach will speak to the participant about the rules and positively reinforce correct behaviour. If no improvement is seen, the participant will be asked to sit out. If negative behaviour continues to escalate, parent/guardian will be contacted and asked to pick child up.
- If a participant physically harms another child or staff, they will be immediately removed from the class and parent/guardian contacted.
- Any other serious incidents will result in the participant being removed from the class and parent/guardian being asked to pick the child up. If negative behaviour is a recurring problem, a meeting will be set up with parents and PCYC Penrith reserves the right to permanently remove children from our programs without compensation if there is recorded ongoing issues causing disruption to classes.

General Rules:

- Spectators and parents are to remain in the viewing area and refrain from speaking to their child while they are active in their class. Parents/spectators are not permitted on the gymnastics floor unless invited on by a staff member. If you have an urgent issue during a class, please see one of our front desk staff and they will be able to approach one of our gymnastics coaches. You are welcome to speak to coaches briefly after a class, however please remember they have classes running back to back.
- Children under the age of 16 years will not be allowed to leave the facility unless accompanied by an adult.
- Photography must be limited to your own child only, PCYC reserve the right to inspect cameras if there is suspicion of abuse.
- No food or drink of any sort allowed on the gymnastics floor with the exception of water.
- Participants must wait in the waiting area until they are invited onto the gymnastics floor by a coach.
- Due to insurance and general safety, children who are not enrolled in a gymnastics class at the appointed time are not permitted on the gymnastics floor.
- Please label all personal belongings and do not bring valuable items to gymnastics. PCYC Penrith does not accept responsibility for lost property.

Kindi Gym Parents:

- Kindi Gym classes are designed with parent involvement in mind. The parent must be actively involved with assisting their child.
- Parents are not permitted to leave their child at any point in the lesson.
- Children who are not enrolled in the class are not permitted to participate. Younger siblings are welcome to be brought along, as long as the parent/caregivers main focus is on the child participating in the lesson.

Illness/Injury

- Please do not bring children to class who are sick and may risk spreading illness.
- Any injuries must be reported to a coach and in the case of injuries requiring modification to skills, a doctor's certificate or physio's note should be provided to coaches to detail the exact nature of the injury.