

Infinity - Student's Code of Behaviour

Attitude

I come to the gym to learn and progress as a gymnast and dancer. To achieve the best result, I must have a positive attitude and work hard. I won't use the "CAN'T" word, I will carefully listen to my coach/teacher and focus on HOW to do the exercises. I will always show good effort and sportsmanship. I will accept all the challenges during training recognizing that I will have my ups and downs. A good attitude towards coaches and other gymnasts is important. I must listen to my teacher/coach's comments and always try to correct my mistakes.

Talking during training

I will not talk during training session as I will not be able to fully concentrate on exercises. I am aware that no interaction between parents and friends is permitted during the training session. If I urgently need to talk to my parents or friends I must ask a permission of my coach.

Lateness

If I am late I must come and inform my coach/teacher about the reason of my lateness and I must not disturb other students and interrupt class.

Missing trainings

When I have minor injuries it does not mean I have to miss training. I can still do some stretching, conditioning and exercises that don't affect my injury. While I can do some workout at home, it is better to come to training as coach's explanations, corrections, instructions and group exercises are very important. Every time I miss class I will inform my coach/teacher or the Head Coach (Tatiana Loukianenko) that I cannot attend.

Getting ready for training

I will be ready to commence class on time. It is important to come to class on time as teachers/coaches explain important things at the commencement of the lesson. If I miss warm up I can fall behind in learning skills.

Equipment and facilities

Club equipment and facilities must be respected. I will always leave the centre and gym clean and return equipment to where it has to be stored.

Food and drink

When I need to get a drink I must get permission of my coach but most of the time I can get a drink or take care of other business during a time provided by my teacher. I know I am not permitted to eat in a class. I will always bring a bottle of water, especially, in summer time.

Uniform

My hair has to be neatly tied back in a bun for gymnastics or tight ponytail for dance classes. No jewelry is permitted as it can harm myself and others.

I must wear the appropriate uniform.

Winter gymnastics training uniform:

- Long sleeve black leotard or tight top
- Black leggings or tights and/or hot shorts
- White socks or toe shoes

Summer gymnastics training uniform:

- Short sleeve black leotard or tight top
- Black leggings or tights and/or hot shorts
- White socks or toe shoes

Infinity Safety information

STUDENTS

Running and moving around the gym/centre

- Running is not permitted anywhere in the centre unless within choreography
- Gymnasts must politely move around areas where other gymnasts/dancers train in order to avoid collision with them.
- When gymnasts/dancers are instructed to do jogging or running during the warm up, they are not supposed to accelerate and overtake other gymnasts to avoid collisions and falls.

Rhythmic Gymnastics Throws and Safety

- Rhythmic gymnastics involves a lot of apparatus throws. Gymnasts must exercise caution when walking around areas where gymnasts practice the throws - gymnasts have to walk around such areas.
- A gymnast must follow instruction of their coach when they practice throws, e.g. in what order they do throws and locations where they do throws.

Warm-up

Every time gymnasts must arrive for training on time so they can do the appropriate warm up and stretching. If gymnasts are late, they have to do their own warm up if warm up exercises are finished.

Apparatus and Equipment

Gymnasts are not allowed to use gym equipment and apparatus unsupervised.

Stairs

Gymnasts/dancers are not to run on the stairs when going up and down to the ballet studio or change room.

Bathrooms

Bathrooms are located on the ground floor and on the first floor. Permission from the teacher/coach is required to go to the bathroom.

Emergency

In case of fire or other emergencies, an assembly area is located on the opposite side of Natalia Ave on the footpath of the opposite neighbouring warehouse.

Asthma and Allergies

Gymnasts must have their own pump for an asthma emergency. Anaphylactic students or students with other allergies must alert the teacher and provide medical emergency plan. No nuts or nut products are allowed anywhere in the centre.

Leaving the gym

- Gymnasts/dancers must wear suitable cloth when they leave the gym
- Gymnasts/dancers must wait for their parents inside the gym

PARENTS

Collecting children after training/classes

- Parents should ensure that their children wear suitable clothes when they leave the centre.
- Parents have to collect children from inside the centre and students can wait in the waiting area.
- Parents must notify a coach/teacher in order to allow their child to leave with another student's parent or person of an unknown nature.
- If parents are late to collect their children, they must ring or text the teacher/coach.
- Parents must be punctual at all times

Emergency information

Parents must provide and update emergency information such as contact details so the gym staff can act promptly in case of emergency situations.

Other rules and recommendations

- Parents are not permitted to watch training or classes. Only trialing parents are allowed to observe class during the trial lesson only.
- Parents are strongly recommended to avoid criticizing their children at competitions, training and other events. If any concern arises, contact and discuss it with the Director (Tatiana Loukianenko).