

V5.09 NJP  
2010-08-31

## Cambridge Cangaroos. 2010-11 : Sept 2011 : Booking Form



Cd Location (Session Code)	Day	Session Time	Setup Time	Term Start and End Dates	Session Not Run	Weeks	Trampolines	Max People	Suggested Age Range	Full Term Fee	Coaches
CRC (CM1)	Mon	16:45-18:00	16:45	6 <sup>th</sup> Sept - 13 <sup>th</sup> Dec	25 <sup>th</sup> Oct	14	4	12	5 – adult	£70	2: Fiona, Michele
CRC (CM2)	Mon	17:45-19:00		6 <sup>th</sup> Sept - 13 <sup>th</sup> Dec	25 <sup>th</sup> Oct	14	4	16	5 – adult	£70	3: Fiona, Michele, Laura
CRC (CM3)	Mon	18:45-20:00		6 <sup>th</sup> Sept - 13 <sup>th</sup> Dec	25 <sup>th</sup> Oct	14	4	12	5 – adult	£70	2: Laura, Michael
Sawston (ST1)	Tues	18:00-19:15	18:00	7 <sup>th</sup> Sept - 14 <sup>th</sup> Dec	26 <sup>th</sup> Oct	14	2	8	4 –10	£70	2: Francoise, Imogen P
Sawston (STS) <b>!Synchro!</b>	Tues	18:00-19:15	18:00	7 <sup>th</sup> Sept - 14 <sup>th</sup> Dec	26 <sup>th</sup> Oct	14	4	16	8 – adult	£70	2: Emily, Emma
Sawston (ST2)	Tues	19:00-20:15		7 <sup>th</sup> Sept - 14 <sup>th</sup> Dec	26 <sup>th</sup> Oct	14	6	24	7 – adult	£70	4: Tony, Emily, Francoise, Emma
Sawston (ST3)	Tues	20:00-21:15		7 <sup>th</sup> Sept - 14 <sup>th</sup> Dec	26 <sup>th</sup> Oct	14	6	24	7 – adult	£70	2: Tony, Emily
CRC (CW1)	Weds	18:15-19:30	18:15	8 <sup>th</sup> Sept - 15 <sup>th</sup> Dec	27 <sup>th</sup> Oct	14	4	12	5 – adult	£70	2: Fiona, Michele
Linton (LW1)	Weds	18:30-19:45	18:30	8 <sup>th</sup> Sept - 15 <sup>th</sup> Dec	27 <sup>th</sup> Oct	14	3	12	5 - adult	£70	2: Cathy, Michael
Linton (LW2)	Weds	19:30-20:45		8 <sup>th</sup> Sept - 15 <sup>th</sup> Dec	27 <sup>th</sup> Oct	14	3	12	5 - adult	£70	2: Cathy, Michael
Saffron Walden (SWT1)	Thurs	16:30-17:45	16:30	9 <sup>th</sup> Sept - 16 <sup>th</sup> Dec	28 <sup>th</sup> Oct	14	2	8	6 - 16	£70	2: Francoise, tbd
Saffron Walden (SWT2)	Thurs	17:30-18:45		9 <sup>th</sup> Sept - 16 <sup>th</sup> Dec	28 <sup>th</sup> Oct	14	2	8	6 - 16	£70	2: Francoise, tbd
Sawston "Roos" (SR1)	Sat	09:00-10:00		4 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	11 Sep, 30 Oct, <b>11 Dec</b>	13	3	12	4 – 8	£65	3: Francoise, Imogen H, Max
Sawston "Roos" (SR2)	Sat	10:00-11:00		4 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	11 Sep, 30 Oct, <b>11 Dec</b>	13	3	12	4 – 8	£65	3: Francoise, Jo, tbd
Sawston "Roos" (SR3)	Sat	11:00-12:00		4 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	11 Sep, 30 Oct, <b>11 Dec</b>	13	2	8	4 – 8	£65	2: Francoise, Joe
Sawston (SS1)	Sat	08:45-10:00	08:45	4 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	11 Sep, 30 Oct, <b>11 Dec</b>	13	3	12	7 – adult	£65	2: Tony, Luis
Sawston (SS2)	Sat	09:45-11:00		4 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	11 Sep, 30 Oct, <b>11 Dec</b>	13	3	12	7 – adult	£65	2: Tony, Luis
Sawston (SS3)	Sat	10:45-12:00		4 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	11 Sep, 30 Oct, <b>11 Dec</b>	13	4	16	7 – adult	£65	2: Tony, Luis
Sawston (SS4) <b>Squad</b>	Sat	11:45-13:00		4 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	11 Sep, 30 Oct, <b>11 Dec</b>	13	6	18	7 – adult	£65	2: Tony, Francoise
CRC (CS1)	Sat	09:00-10:15	09:00	11 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	30 <sup>th</sup> Oct <b>11<sup>th</sup> Dec</b>	13	4	12	5 – adult	£65	2: Laura, Sophia
CRC (CS2)	Sat	10:00-11:15		11 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	30 <sup>th</sup> Oct <b>11<sup>th</sup> Dec</b>	13	4	12	5 – adult	£65	2: Laura, Sophia
CRC (CS3)	Sat	11:00-12:15		11 <sup>th</sup> Sept - 18 <sup>th</sup> Dec	30 <sup>th</sup> Oct <b>11<sup>th</sup> Dec</b>	13	4	12	5 – adult	£65	2: Laura, Sophia

**\*\* 11<sup>th</sup> December is the Cangaroos Club Competition!!**

Member Name(s)	Session(s) Required, plus preferred coach if any	Membership Fee	Session Fees	Total Cash/ Cheque



British Gymnastics Registered Club – 41977 Insurance certificate: RTT111297 - 41977



V5.09 NJP  
2010-08-31

A yearly (Oct 2010–Sep 2011) club membership is payable in addition to session fees. Membership details, form and policies on pages 8 and 9.

**Session Details and Fees** (shaded sessions are full but please contact us to go on the waiting list). Term fees are payable in advance for the whole term, with a discount for multiple sessions – see the next page for details on this discount.

Note that spaces at each session are limited so please ensure you re-book in advance **each term** to avoid losing your place.

**Completed forms and/or payment** to be returned to: Neil Pike, 6 Mandeville Rd, Saffron Walden, CB11 4AQ, or email me via [treasurer@cangaroos.org](mailto:treasurer@cangaroos.org), or give to a member of the committee or coach in a **sealed named envelope** at your first session. Loose cheques and cash make it very difficult for me to reconcile who has paid and who hasn't. (Name on cheques don't always uniquely match the bouncer last name)

**Payment Details.** Cheques made payable to "Cambridge Cangaroos". Preferred payment method is via bank transfer to :-  
**Cambridge Cangaroos TC. Barclays. Sort Code 20-74-05. Account No 10087254.**

**Membership Types and fees.** British Gymnastics (BG) Associate Membership is all that the majority of members will require whether they compete or not. Only members at grade A-D who wish to compete at BG competitions, or level-1 coaches, require BG Competitive Membership.

**Member and Trampoline Numbers.** The number of trampolines available and the maximum bouncers/members per session are shown.

**Dates.** Dates as shown – one week off for half-term usually – to give the coaches a break!

**Coaches.** The number of coaches we have booked in per session are shown.

**Session Fees.** The session cost is a factor of the hall hire cost, the number of coaches (higher grade coaches cost us more) and the number of bouncers we can have per session – which we restrict to 4 per trampoline to ensure a good amount of bouncing time for everyone.

**Locations :** Address information for the sessions

- Sports Hall. Sawston Village College Sports Centre, The Village College, New Road. Sawston. CB22 3BP
- Sports Hall. Cambridge Regional College. Kings Hedges Road, Cambridge CB4 2QT
- Sports Hall. Saffron Walden County High. Audley End Road, Saffron Walden, Essex. CB11 4UH
- New Gym. Linton Village College. Linton. Cambs. CB21 4JB

**Warm-up:** All sessions include 15 minutes for warming up. Members must be there for the time stated to either assist in setting up and/or to take part in the warm-ups. This is mandatory.

**Ages.** There is no upper age limit apart from for the Roos - under 8's are strongly encouraged to start here. Adults are welcome at all other sessions. See the booking form for recommended age ranges – these are just recommendations and individual circumstances can override these.

**Roos.** Due to their young age, all new Roo's members will be invited for a two week trial (first free, second £5) before joining the club – that way you don't enter into a commitment with the club for a years membership and a terms worth of sessions if they don't get on with it. The ultimate decision on whether the child can join is made by the coach based on their ability to bounce safely and follow instructions.

## Q & A

**How is the club run?** The club is run by a committee of un-paid volunteers – currently all parents of club members. More volunteers for the committee are always welcome! The club is strictly non-profit – any surplus funds from sessions, membership etc. are used for purchase of new equipment, equipment maintenance, kit for stock, and the required BG memberships, CRB checks, child protection courses, judging courses etc. for the unpaid volunteers and committee without which the club could not run.

**Is the club competitive or recreational?** We are a competitive club, so all members are trained through the BG awards scheme towards performing routines that would allow them to compete at BG competitions. However, competing is purely voluntary, so if you're bouncing purely for fitness and fun you are still very welcome. For more information on how competitions run see [http://www.cangaroos.org/comp\\_structure.htm](http://www.cangaroos.org/comp_structure.htm)

**How does the multiple session discount work?** The first session by any family member is charged at the full rate. The second session, for the same term, by any family member, is then reduced by £1 a session. Any further sessions are then reduced by £2 per session. With the current rate of £5 per session, this means the second session is £4 and any more are £3 a session.

**Who do I pay and give forms to?** It's easiest if these are posted to the treasurer or given to a committee member. Whilst you can give these to the coaches they are busy setting up the equipment and coaching and any time they spend sorting forms shortens the session. Plus I don't see some of the coaches very often and all the forms/money have to make their way back to the treasurer anyway. (He's around at Sawston every Saturday morning – squash racket in hand).

**How do I know how much I owe?** Fees are hopefully clearly explained on the forms. Any sundries like competition entry and kit are added to your bill if/when you order them. Every family will get sent a statement of account periodically – whether money is owed or not. You may even be in credit if we've needed to refund any sessions. Please take account of any credit when paying the next term's fees.

**Do you have a session dedicated to adults?** No, but adults are welcome to bounce at most sessions, check the age guidelines for each session, space permitting. The Sawston later Tuesday session (ST3) is mainly adults.

**How many coaches do you have?** We have 2 Level-4, 2 Level-3 and 4 Level-2 coaches. We also have 9 Assistant (Level-1) coaches. We are always looking for more coaches, so if you're interested in getting qualified please contact Tony, the head coach, who runs all the Eastern Region training courses. The club will find bursaries whenever possible so that there is no cost to you for doing it.

**Can I choose which coach I have?** For some sessions everyone rotates around all the coaches anyway. For sessions, typically Sawston, where bouncers tend to stay with a coach throughout, then yes, wherever possible we will try and accommodate your request. However, we have to keep the numbers balanced across trampolines so it will not always be possible for everyone to have their first choice coach.

**What do I need to wear?** Socks are essential! Other than that, typically shorts/tracksuit bottoms and t-shirt. Jeans are not suitable as they restrict movement too much. Long hair must be tied up. No jewelry. Getting hair/jewelry/toes caught in a trampoline bed is not a pretty sight!

**Are the trampolines at all the centres the same type and quality?** No, unfortunately they are not. The best trampolines are currently at Sawston

V5.09 NJP  
2010-08-31



where four of the six trampolines there are International competition grade trampolines and the other two are regional level grade, but still of a high quality. At CRC, the club has recently purchased two International competition grade trampolines and we have two regional competition grade trampolines. At Saffron Walden, the trampolines are one regional competition grade trampoline and one enhanced sports-centre grade trampoline. At Linton the club uses the school trampolines, but we have provided the school with a replacement bed and springs to improve one of them, currently there are 2 regional grade trampolines and a sports centre grade trampoline. Whenever club funds permit we are buying extra competition grade trampolines, but these are very expensive, so typically can only be purchased when we get a grant/external funding. The biggest problem the club has at all the centres is one of storage. Hopefully this is being addressed at some of the centres, which will allow us to increase the equipment level. Any contacts/suggestions for further grants/funds are most welcome.

**Can I try it out before joining?** Yes – if there are available spaces in the session. Our BG membership/insurance allows for two “taster” sessions before they have to join the club to be covered. The first taster session is free with the second at normal session rate.

**Once I've joined do I get preference for places in subsequent terms?** Yes, existing members always get to renew/change their session place(s) before we open up any spare places to the waiting list for prospective members. You must remember to rebook each term though.

**If I miss a session due to weather/illness/other can I bounce free in another session to make it up?** Yes, as long as the other session has space and is deemed suitable by the coach – e.g. we're probably not going to let a 6 year old in with the mainly adult ST3 session. (Or vice versa). To check on availability/suitability please check the website and then the treasurer or coach.

**If I miss any sessions in a term do I have to pay for them?** The answer is normally yes, as session fees are paid in advance for the whole term. However, if you can't bounce due to an injury you got whilst bouncing then any missed sessions will be credited. In other cases, if there are special circumstances that will cause an extended period of 3 or more weeks consecutive absence please contact the treasurer.

**Can I pay weekly if I can't make every session?** Not usually as it would prevent us filling that spot with a full-time member – it also adds to the admin workload. However, existing members already doing at least one full session can be considered for adhoc bouncing in sessions that have spaces. This is at the discretion of the treasurer and the coach for the adhoc session though and must be checked with one of them in advance.

**If I join part-way through a term do I have to pay the full term fees?** No, you will only pay for however many sessions are left in the term.

**Can I pay for less than a years membership?** BG Memberships run October to September - if you join part-way through a year and the relevant BG membership offers a discount then we reflect this on the forms. Unfortunately the most common associate membership cost does not currently reduce as the year goes. Yes, this is unfair, and yes the club has complained to BG several times to no effect.

**What happens if a session is cancelled?** Occasionally we may not be able to run a session due to last-minute unavailability of a coach, the hall not being available etc. In these circumstances we will usually add another session to the end of the term. If this can't be done then a refund or credit for that session will be given. If we know about a change in advance we will email affected members and amend the details on the website.

**Do I need to stay and supervise my child?** Parents are not required to supervise their children except at the Roo's sessions where parents must stay for the whole of the session unless otherwise agreed with the Roo's coaches. Or unless your child is under 5 years of age and the coach has



V5.09 NJP  
2010-08-31



specifically asked you to stay to assist.

**What time do I need to be there?** The session booking sheet contains the setup time and warm-up time. Hall booking times often include the setting-up and putting-away time as there may be other users of the halls before/after us. The more help that members and parents can give with setting up and putting away the equipment, the longer bouncing/coaching time you will have and you need to be there for warm-ups.

**Who puts the equipment out?** We/you do, the centres don't typically assist. So it's down to coaches and bouncers/parents – the more folks that help, the longer the actual session can run. The coaches are happy to train you with the trampolines, but if you aren't confident to do that just help set out the mats, horses, end-decks etc. Don't be shy, and don't rush away at the end of the session, the equipment normally all has to be put away again!!

**What if I am in financial hardship?** In the event of financial hardship (e.g. benefits, redundancy) please contact the treasurer (treasurer at kangaroos.org) to discuss options. We can come to an arrangement on staged payments or reduced fees in certain circumstances. Assistance with fees is available from "Elfrida Heath" – see <http://www.cambridge.gov.uk/ccm/content/sports/sports-clubs/funding.en> - the club will be happy to support your application.

**Are all the coaches CRB checked?** Yes. Everyone who has contact with children - coaches and committee - is CRB checked.

**Is the club registered under the ClubMark scheme?** Yes, the club is certified with GymMark, which is BG's enhanced version of ClubMark.

**Can I help out?** We're always looking for more volunteers to join the committee, become welfare officers or assist in other ways such as acting as officials for competitions, taking the register for sessions, collecting forms/money etc. Just speak to any committee member about it.

**What qualifications can I get?** You could take a coaching course/exam, or a judging course/exam. Becoming an assistant trampoline coach may be used towards GCSE qualifications (check with your exam board first).

**Does the club have a uniform?** Not a compulsory one, but you can buy club training t-shirts, polo shirts, tracksuits etc. if you wish. Details can be found at kit, we often have an amount of second hand kit that can be purchased as well. For some items we have to place a minimum order with the suppliers so we have to wait until there is enough demand. Note that if you are entering a BG grading competition then you have to wear a leotard (girls) or leotard and whites (boys) in the club colours whilst doing your routine.

**Do you run the Gymnastics Awards (Badge) scheme?** Yes, all members are encouraged to do these. See BG awards for details of the award levels. Each badge+certificate costs £3.00.

**What is the minimum age for Roos?** Typically four years old. All Roo's do two trial sessions before being taken on – if the coach thinks they aren't ready yet then they will tell you.

**What age does my child need to leave the Roo's sessions?** This will be down to individual circumstances and decided on by the member, parents and coach. They can move up to the main Sawston sessions at age 7 or older



**What is the difference between Roo's and other sessions?** Roos sessions always have a coach for each trampoline and also the age will always be 8 and under.

**What happens to my 5 year old at a non-Roo's session?** At non-Roo's sessions children rotate around trampolines, some with a coach, some not. Also the age range can be much wider, so a 5 year old may be with a 12 year old, 15 year old and 19 year old in a group. As long as you and your 5 year old are happy with this, then so are we.

**Do you run the recreational sessions at Sawston?** No. There are two recreational sessions at Sawston, one on Monday afternoons and the other on Saturday mornings 09:00-10:00. To book the recreational session at Sawston, contact the sports centre directly on 01223-712555.

**Do you run through the school holidays?** As long as the facilities are open then yes, sometimes we do if extra sessions need to be added or it's a bank holiday, teacher training day or something. If there is sufficient demand over the long summer holiday then we will also run sessions then.

**Who are the club welfare officers?** A BG club has to have at least one welfare officer – Kangaroos currently has two – Neil Pike (neilp at kangaroos.org) and Françoise Lucas (francoisel at kangaroos.org). It would be great to have welfare officers at all the sites – volunteers please! The club will pay for the course (don't worry, no exam). Please feel free to contact them for any welfare reason.

**Why do some sessions have more coaches than others?** Typically it's just down to availability. We've been increasing coach numbers wherever possible and we now have a fair number of home grown assistant (L1) coaches.

**Are you sponsored by anyone?** The club has had a number of sponsors who have contributed towards things like club tracksuits, club notice boards, trophies for the competition etc. If you know of anyone that would be interested in providing sponsorship or financial assistance, please put them in touch with us.

**Are competition entry fees refundable?** No. Once the club has paid the entrance fee to the competition organizers, several weeks in advance, they do not refund us for any reason.

**Are the coaches first-aid trained?** Some are, some not. We're looking to get all our coaches qualified whenever suitable courses/dates are available. However, note that because we don't have our own facilities, the sports centres are liable for the first aid cover and we're not technically/legally supposed to do anything ourselves. But there's no harm in having more of our own coaches qualified just in case!

**What dictates the cost of a session?** A number of factors – the length of the session, how much the hall hire costs us, the number/cost of coaches (higher grade coaches get paid more) and the number of members we can get into a session. Every session needs to run at break-even so that we don't have some sites subsidizing others. We then factor in all the sessions and come up with a standard session rate across all sites.

**Why does it cost more than recreational sessions run by a sports centre/school?** Because we have to pay market rate for hall hire; we pay our coaches the going rate (our coaches are typically much better qualified than sports centre staff); trampoline equipment needs maintenance/renewal on a regular basis; and the club and all its members have to join BG for insurance purposes. All of this means we can't

V5.09 NJP  
2010-08-31



necessarily compete on cost with sports centre recreational sessions and still break even. (Though some sports centre sessions, especially in the holidays, are more expensive than us anyway)

**Can I get one to one tuition?** Just speak to your coach, or to Tony – note that these would be a private arrangement between you and the coach, nothing to do with the club – though we are happy for our equipment to be used as long as it is a Cangaroos coach doing the coaching.

**Do you run trampolining parties?** As per the one to one tuition, not through the club, but feel free to arrange through one of the coaches. Again, happy for club equipment to be used as long as party bouncers are appropriately/safely dressed.

**Can I train with multiple clubs at the same time?** Absolutely, we have no problem with that. Note that you can only compete at BG trampoline competitions for one club at a time, which is the club that holds your BG registration.

**You're full or don't have sessions at a time/location suitable for me, where else can I go?** Worst case we'll put you on the mailing/waiting list, but let us know where and when you want to bounce – if it's an existing centre for us we can try to find an available coach to run another session. If it's somewhere we don't currently run a session let us have contact details for the centre manager and we can see about setting one up. You can also try your local sports centre to see if they run recreational sessions. Other local clubs you can try are Cambridge University Trampoline Club (Leys School, adults only), Comberton Tiggers (Comberton Sports Centre), Ricochet Trampoline Club (Milton Keynes) and Witchford Trampoline Club nr Ely (email [KWinwood@witchfordvillage.cambs.sch.uk](mailto:KWinwood@witchfordvillage.cambs.sch.uk))

**Who do I contact with further questions?** E-mail [info@cangaroos.org](mailto:info@cangaroos.org). The treasurer and head-coach get these. Or check the website for the committee's emails or you can contact the whole committee on [can\\_committee@cangaroos.org](mailto:can_committee@cangaroos.org)

**What if I have a query with the coaching?** Contact the head coach, Tony Fagelman – his email is [tonyf@cangaroos.org](mailto:tonyf@cangaroos.org)

**What if I have a non coaching issue?** Contact any member of the committee or the welfare officers.

**BG Fee Disclosure.** We have to register all our members with BG (whether they compete or not) as a condition of our insurance – which is the same for any gymnastics/trampolining club. It is also mandatory for us to say what we pay on to BG from the membership fee we charge :- BG Associate membership costs £15, Competitive membership costs £40 and pre-school membership costs £10. We also have to register everyone with the Eastern Counties Gymnastics Association at £2.50 each. Only BG Competitive membership is reduced on a per-month basis pro-rata if joining after October – all other memberships are the same regardless of how far into the year it is (yes, that is unfair, but they aren't our rules).

The club membership fee is £10 which we will reduce to £5 in April 2011. See the club membership form for yearly membership total cost.



## Club Membership Form October 2010 – September 2011 (only required once per year, not every term)

Club Membership Type (most members will only require <b>Associate</b> membership) Membership fee is paid to the club and we pass on relevant amounts to BG and ECGA (see FAQ)	Oct 2010	Deductions
Club plus BG Associate Member. Doesn't compete or competes at grade E-I. <b>**Most common**</b>	£27.50	n/a
Club plus BG Competitive Member. This is required for grade D-A competitors plus level-1 coaches	£52.50	£3.35 per month after October
Club plus BG Pre-School Member (Must be 4 or younger at 31 <sup>st</sup> September 2011)	£20.00	n/a
Club Member (current 2009-10 BG & ECGA membership already paid via another BG registered club)	£10.00	n/a

The membership fee covers one member from 1<sup>st</sup> October 2010 through 30<sup>th</sup> September 2011, which is how British Gymnastics membership years run. It must be paid in advance as the club insurance is through BG which requires **all** our members to be BG registered. Membership of ECGA is also included. Note that the membership fee is separate to session fees which are payable in advance each term for each session.

Multiple members can go on one form as long as names and dob for each are listed	Member Information	Parent/Guardian/Partner Information (for emergency contact, billing and correspondence)
Surname		
Forename		
Gender		
Date of Birth		
Address		
Town & Post code		
Telephone Number(s)		
Mobile Number(s)		
Email		
BG Membership type required (Competitive, Associate, Pre-School or via other club). If via another BG club please give the club name and your current BG member number.		
Any Relevant Medical Info / Conditions		

I have read the rules, policy documents and constitution of Cambridge Cangaroos Trampoline Club and agree to abide by them at all times. Copies are available at <http://www.cangaroos.org/members.htm>. If you are a new member, we will also need a "Policy Acceptance form" signed by both the member and/or parent/guardian as appropriate.

Signed ..... (performer – or parent / guardian if performer is under 18)

## Cambridge Cangaroos Policy Acceptance 2010/11

Signed copy required if we don't have one from you already  
Multiple members from the same family can use the same form

Performers aged 14 and over should sign and take responsibility for the policies below. For performers under 14, parents are required to co-sign.

**Acceptance form: Membership Rules; Dress, Piercing & Adornments; Welfare; Disability; Use of Photographic Equipment**  
(Acceptance of these policies is compulsory. The policies can all be viewed and downloaded from <http://www.cangaroos.org> )

Performer's name \_\_\_\_\_ has been made aware of the Membership Rules together with the Code of Dress Policy and of any related risks associated with concessions in said policy. I accept full responsibility for my decision to *participate / allow my child to participate* and indemnify the coach, organiser or BG official against any responsibility as a result of my attire.

British Gymnastics would not authorise or condone unsafe clothing and consequently the wearing of unsafe clothing may invalidate the insurance.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Performer

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/guardian (if required / delete as appropriate)

**Acceptance form: Use of Photographic and Recorded Images of a performer by the club**

(This acceptance is purely voluntary – if you don't agree at all just don't sign this section. The club has fairly regular articles and photos in the local press of fundraising events, competitions etc. The press like to include pictures wherever possible)

Performer's name \_\_\_\_\_ agrees to use of their image in photographic and other recorded formats for promotion of the club. Said use would be strictly controlled and in accordance with the club policy on the use of photographic and recorded images of children, young people and vulnerable adults. This policy is in line with the BG Child Protection policy.

I do / do not (delete as appropriate) agree for said images to be labelled with the performers name. (No other personal details would be used).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Performer

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/guardian (if required / delete as appropriate)

Cambridge Cangaroos Welfare Officers.