



Membership Rules

The full rules and constitution of the club are available from the Executive Officers. The Executive Officers are: The Chair, The Vice-Chair, The Treasurer and The Secretary.

Additional Officers are: The Welfare Officer(s), The Fund Raising Secretary and the Secretary.

New officers and posts may be created by the Executive Officers whenever they deem it necessary to aid in the organisation and functions of the club.

Cambridge Cangaroos is hereafter referred to as the "Club".

General Rules:

1. All members agree to abide by the rules and constitution of the club and must sign the corresponding consent forms.
2. The Club has an all inclusion full tolerance policy. No anti-competitive, racist, sexist, ageist or similar will be accepted.
3. The Club encourages competitive trampolining. However, no member will have to enter competitions in order to remain membership. A member of the Club will be any performer of any age who wishes to compete in British Gymnastics organised competitions
4. A member of the Club will become a member of British Gymnastics at a minimum of "competitive affiliate" level in order to compete.
5. An "Associate" member of the Club will be a performer who is competing below Grade D in the BG competition scheme or a performer or coach or parent who wishes to be involved in the club, yet does not want to compete
6. An "Affiliate" member of the Club is a member of the club but is also a member of British Gymnastics through another club, but wishes to compete for Cambridge Cangaroos in Trampolining events.
7. All members agree to abide by the Welfare policies of the Club as laid out in the "Welfare Policy document"
8. All members agree to abide by the dress policy of the Club as described in the dress policy document
9. All members agree to abide by the disability policy of the Club as described in the disability policy document
10. All members agree to abide by the photo policy of the Club as described in the photo policy document



Training Session Rules:

The "Training Area" is defined as the area of the trampolines and surrounding floor mats.

1. A parent/guardian must remain within the training area for the duration of the training session(s) for any member under the age of 8. If the parent/guardian and/or member need to leave the training session, even temporarily, the coach in charge must be informed.
2. Mobile phones may only be used outside the training area.
3. Spotters are required for any trampoline use – minimum two spotters.
4. No food must be consumed within the training area. Any food and drink within the training area, with the exception of sports bottles, will be confiscated and returned at the end of the session.
5. The coach must be made aware of any change in medical status, including injuries, before the session commences
6. The coach will put members into bouncing groups before the session starts – each group to rotate bouncing within their group.
7. When not bouncing, other group members shall ensure that adequate spotting provision is always in place for the bouncing member. Said spotting provision to be shared fairly between the group.
8. Any member not at the trampoline, ready to bounce, when their turn comes, forfeits their opportunity in favour of the next available member and will have to wait a full group rotation before bouncing again.
9. The coach will endeavour to give every group and every member within that group, equal opportunity/time to bounce under their direct supervision, by rotating the groups round the trampoline beds.
10. Any misbehaviour by a member, deemed to be disrupting the session, will result in that member being asked to leave the training area by the coach. The member will be allowed back into the session at the discretion of the coach.
11. The coaches decision is final
12. All Coaches work under the supervision and guidance of the Head Coach
13. The Head Coach is appointed by the Club and is responsible to the Club and the Committee
14. All sessions run by the club follow the work scheme as laid down by the Head Coach

Coach Definition: A Coach is a Club member who has been appointed to take charge of a particular trampoline during a particular session by the Head Coach or the Coach in charge of the session. All Coaches must be qualified to the appropriate BG level in order to provide said coaching.