

# Cambridge Kangaroos Session Rules and Policies

## Equipment, Attire & Spotting

The below policy applies to coaches, assistant coaches, members and parents regarding the putting out of equipment, the taking down of equipment, spotting and attire. It is to be followed at all centres and should be made clear to anyone who is taking part in Club sessions

Note that British Gymnastics does not suggest any specific age for assisting with the erection and taking down of gymnastic equipment, but they do insist that individuals that handle large equipment, such as trampolines should be trained first in how to undertake the tasks required.

The club therefore requires EVERYONE to adhere to the following :-

Note that where the term "Senior Coach" is used, this refers to the coach taking overall charge of a session, which is typically going to be the highest qualified coach.

### Equipment

- 1) The Senior Coach must train the individuals they wish to utilise in the procedures of erecting and taking down the trampolines. Training will also be provided on the attachment and removal of end-decks.
- 2) The Senior Coach must record in the register which individuals have received the training, so in their absence, other coaches will know who can be asked for assistance. (Parents names can be noted in an extra column in the members record). Before adding anyone's name the coach will check with them that they are happy with the procedures.
- 3) The Senior Coach will appoint members and parents who they consider are suitable to assist the coaches with the erection and putting away of the trampolines.
- 4) Only individuals who have been trained will assist the coach(es) in erecting and taking down the trampolines. Under NO circumstances should untrained people be encouraged to assist in the erection or taking down of trampolines.
- 5) The erection and taking down of trampolines must be done by a minimum of two people per trampoline. The only exception to this is where a senior coach is running a session on their own and there are no suitable parents or members to assist. In this situation the senior coach can do it on their own whilst the other members deal with mats etc.
- 6) The Senior Coach may ask any member or parent to assist trained people in wheeling the trampolines to and from the store. However, if a trampoline has to be 'lowered' or 'raised' to fit through doors, ONLY trained people should undertake this task.
- 7) The Senior Coach may allocate suitably sized members and performers to get out and put away the wheels in the store. They must not be removed from the trampoline until instructed to by a coach.
- 8) Those members and parents who are not selected to erect or put away trampolines should concentrate on putting in place or putting away mats and other ancillary equipment.
- 9) The Senior Coach may allocate suitably sized members and adults to get out and put away the safety landing mats, end decks and boxes/horses.

10) All coaches, members and parents assisting MUST wear shoes or trainers when erecting or putting away equipment.

### **Training on erection and taking down of trampolines and end-decks**

The club will provide training to suitably sized members and parents to assist in the erection and taking down of trampolines and end-decks.

The training can take place either as part of a normal set-up/set-down, or a special session/extra time can be arranged at each centre as needed.

Training will consist of working in pairs or more to erect and take down the trampolines and end-decks. It will also include a period of time to practice the activity so everyone feels secure in what is required, what the potential pit-falls are and how to avoid injury. Where multiple trampoline types are in use at a centre, training will be provided on each type so that differences are known.

The training will be deemed as passed when the trainee(s) have been observed by a coach as having performed the setup and set down activities safely and without issue.

Existing parents and members who have already received training may choose to attend any additional training if they wish to re-acquaint themselves with the procedure or gain more practice, or can continue as they are under the direction of qualified coaches.

### **Attire (see Kangaroos dress policy)**

- 1) Bouncing members should wear the appropriate attire for trampolining, this includes: Leotards, shorties, T-shirts, shorts, tracksuit bottoms, leggings, socks or trampoline shoes
- 2) It is not appropriate to wear the following: Jeans, trousers with buttons or prominent zips, casual shorts, skirts, dresses and hoodies
- 3) We have a ZERO tolerance policy towards any form of jewellery for trampolinists, coaches and spotters. ALL earrings, piercings, rings, watches and bracelets must be removed prior to warm-ups. (An exception is made for **new** ear piercings but only for studs and the studs/ears must be taped. Body piercings are never allowed)
- 4) Long hair must be tied back at all times, for all participants.
- 5) Anyone bouncing in in-appropriate attire or wearing jewellery will be asked to change out of the clothing or remove the item(s). If they don't have anything suitable to change into or refuse to remove the jewellery they will be asked to leave the session. (No refunds will be given)
- 6) Please come ready and prepared for training. This means removing all jewellery and piercings, tying hair back and wearing appropriate clothing prior to arrival and not spending the warm-up/set-up time getting ready

### **Spotting**

Spotting is the use of suitably sized and trained participants (or others), placed around the trampoline to assist trampolinists who may fall from the trampoline.

- 1) Although we would like to encourage our non bouncing spotters to dress appropriately, we understand this is most unlikely, however, if you are spotting for your child or others, please remove jewellery and other items that may cause injury should you have to catch a performer or push them back onto the trampoline
- 2) All spotters whether bouncing members or not should pay attention at all times to the activity on the trampoline
- 3) All spotters whether bouncing members or not may be asked to assist members in mounting and dismounting the trampolines. If you are unsure of the method, please ask any of the coaches as they have all been trained in how to assist
- 4) All spotters whether bouncing members or not should be of an appropriate size to adequately perform spotting duties for the bouncer on the trampoline
- 5) There should always be a suitable number of spotters around the trampolines. If large landing mats are utilised instead of spotters, and the coach is satisfied of their safety, then this is sufficient