

## **MEMBERSHIP PACK**



# ***WHIRLWINDS ACADEMY TRAMPOLINE & DMT CLUB***

I would like to welcome you into the Whirlwinds Academy Trampoline & DMT Club.

Whirlwinds is a very friendly, nurturing environment and encourages new and experienced gymnasts alike to learn, experience and achieve in safe and fun classes.

We are a growing club with squad classes in our new training facility to the right of Flip Out, Chelston Business Park, Wellington.

For those of you that have not come across DMT (Double Mini Trampoline) it involves a smaller trampoline with a run-up, two moves are performed per routine.

For gymnasts who wish to take their bouncing to the next level we have a very healthy competitive squad with gymnasts competing at Regional and National levels in both DMT (Double Mini Trampoline) and Trampoline.

Welcome to the club.

Jason Richardson  
(Head Coach)

## Trampoline classes

Monday	4.30-5.30pm, 5.30-6.30pm, 6.30 – 7.30pm, 7.30 – 8.30pm
Tuesday	5.30 – 7.30pm (Elite drill session)
Wednesday	4.30-5.30pm, 5.30-6.30pm, 6.30 – 7.30pm, 7.30 – 8.30pm
Thursday	4.00 – 5.00pm, 5.00 – 6.00pm, 6.00 – 7.00pm, 7.00 – 8.00pm
Saturday	9.00-10.00am, 10.00-11.00am, 11.00 – 12.00pm, 12.00 – 1.00pm

### DMT

Monday	4.30-5.30pm, 5.30-6.30pm, 6.30 – 7.30pm, 7.30 – 8.30pm
Wednesday	6.30 – 7.30pm, 7.30 – 8.30pm
Thursday	4.00 – 5.00pm, 5.00 – 6.00pm, 6.00 – 7.00pm, 7.00 – 8.00pm
Friday	4.00 – 5.00pm, 5.00 – 6.00pm
Saturday	9.00-10.00am, 10.00-11.00am, 11.00 – 12.00pm, 12.00 – 1.00pm

### Fees

All fees are to be paid monthly by standing order. Cash payments only accepted through prior agreement.

Training hours per week	Bronze £6ph	Silver £5.50ph	Gold £5.25ph	Platinum £3.65ph	Platinum + £3.35ph	Platinum++ £3.20ph
1	£24.00					
2		£44.00				
2.5		£55.00				
3			£63.00			
5				£73.00		
5.5				£80.30		
6				£87.60		
6.5				£94.90		
7				£102.20		
8					£107.20	
8.5					£113.90	
9.5					£127.30	
10.5						£134.40

*Whirlwinds fees are based on bouncing for 48 weeks per year.*

### Coaches

#### **HPC**

Jason Richardson (Head Coach)

#### **UKCC 4**

Russ Mobey

#### **UKCC 3.2**

Becky Jarrett, Simeon Podilchuk (Sam)

#### **UKCC 2**

Bethan Stacy, Christan Briffa, Zoe Clarke

#### **UKCC 1**

Emily Stewart (Millie), Becky Cottey

#### **ASC Coaches**

Hope Reynolds, Jasmin Uminski, Lucy

Morton, Keni Coles

<b>Welfare Officer</b>	Allison Semple and Kim Vickery
<b>Child Protection</b>	As a club we comply with the British Gymnastics Child Protection Policy, which is approved by the NSPCC. This can be found on our club website <a href="http://www.whirlwindstrampolining.co.uk">www.whirlwindstrampolining.co.uk</a> or a copy is available on request. All coaches have completed a 'safeguarding children' course and are DBS enhanced checked.
<b>Under 8's Policy</b>	We operate an Under 8's policy in the club, which means that children under 8 should not be left on the premises without a parent or guardian being present. Children under 8 will need to be accompanied to the toilet by a parent or guardian. This is to comply with the British Gymnastics Child Protection Policy.
<b>Drop off / collection</b>	It is crucial that we know which children are attending a lesson and that every child leaves the premises safely. Children must register with their coach on arrival and must wait in the trampoline hall until collected. Parents can authorize children (8+ only) to leave without a parent by signing the required form (enclosed). Please let us know how your child will be getting home, who will collect them and their contact number if it is different to the contact details we hold on file.
<b>Late Arrivals</b>	Trampolining is a sport which requires a group warm-up. If a participant is late to a class, we reserve the right to refuse the late child / participant to take part in the session.
<b>Competitions</b>	<p><b>Friendly</b> - The club often hosts in house competitions as an introduction to competing and often attend inter club low level/friendly competitions around the region. All beginners are welcome to attend these competitions. If interested, please see your coach.</p> <p><b>Regional</b> - There are 3 or 4 Grading competitions each year in the South West and the club attends each one, with competitors competing in Trampoline and/or DMT. Competitors are selected by the coaches but if you are interested please let your coach know.</p> <p><b>National</b> - Whirlwinds has competitors entering most or all of the 4 National Competitions and the National Finals. Also The League competitions. Coaches will discuss with National level competitors which competition is suitable to attend.</p>
<b>British Gymnastics</b>	To train with Whirlwinds Trampoline Club you must be a member of British Gymnastics (BG). BG Membership includes insurance, this needs to be applied for by the parent/carer.

- Website** Copies of our child protection policy and constitution can be found on the club website, as well as lots of other useful information. Please check it regularly. [www.whirlwindsacademy.co.uk](http://www.whirlwindsacademy.co.uk)
- What to Wear** No jewellery is permitted while bouncing and hair should be tied back.
- During the above sessions all of the Development group should be wearing our approved training kit. For girls this is a leotard with or without shorts or sports crop-top with shorts. For boys it is a leotard with shorts for DMT and leotard with either longs or shorts for trampolining. Everyone should be wearing WHITE socks or shoes. And after the warm-up, NO-ONE should be wearing a t-shirt over their leotard/sports crop-top. Club kit is available and can be ordered through the club.
- Friends of Whirlwinds** The club could not exist without its volunteers and we encourage all parents to support the club in any way they feel able. If you would like to offer your help you can be part of Friends of Whirlwinds and be a judge, a class assistant, volunteer to help cleaning the hall or simply occasionally support fundraising activities. All help is really appreciated.
- Any parent who is interested in helping should contact the club by email [info@whirlwindstrampolining.co.uk](mailto:info@whirlwindstrampolining.co.uk)
- Accidents/Incidents** Trampolining is a potentially hazardous sport. Any accident or incident involving a member of the Whirlwinds club must be logged in the Incident book along with any action we have taken. Before going home this must be reviewed and signed for by the injured person (16+) or a parent/guardian if under 16. It is the parent/participants responsibility to inform the Welfare officer or a coach of any injuries sustained while trampolining with Whirlwinds, especially if this results in a trip to hospital. If you don't inform the club immediately then your BG insurance, should you need it, may be invalid.

**Leaving Policy**

By joining the club you are agreeing to our leaving policy which requires one month's written, paid notice prior to leaving Whirlwinds Trampoline Club. Notification can be sent to [info@whirlwindstrampolining.co.uk](mailto:info@whirlwindstrampolining.co.uk)

Until written notice is received a gymnast will be considered part of the club, their bouncing slot(s) will be held open and the gymnast will be required to pay their fees until one month's written notice has been served.

We also reserve the right to ask for 1 month's notice should you reduce your weekly hours.

**Equal Opportunities** Whirlwinds Trampoline Club is committed to promoting a best-practice environment, where every candidate is treated with respect and dignity. No personnel or candidate or any related third party should feel threatened or degraded on the grounds of race, colour, nationality, ethnic or national origin, sex, marital status, sexual orientation, disability, physical characteristics, health, religious or political beliefs.

## **Whirlwinds' Credit Policy 2017 - 2018**

The club operates a full annual training programme that commences on the 1<sup>st</sup> September and finishes on the 31<sup>st</sup> August. Membership to the Whirlwinds consists of 48 training weeks. This should equate to your 12 monthly (4 weeks) payments.

Each Whirlwind member will start the training year with 4 debits\* enabling us to cancel a maximum of 4 training weeks without any credit. Should we need to cancel any more sessions then the following policy will apply:

- 1) A record of every member's credit will be kept and this will be recorded as a monetary sum. This will give you the option of using your account to pay for such things as competition fees, additional training costs, BG memberships etc.
- 2) At any point in the year you can contact our Finance Team on [finance@whirlwindstrampolining.co.uk](mailto:finance@whirlwindstrampolining.co.uk) to get an update on your account.
- 3) Where possible missed sessions will be replaced with extra sessions as this is in the best interest of the Performers' training. If bouncers are unable to attend these replacement sessions then they can still receive their credit for the missed session(s).
- 4) At the end of the training year a full refund will be made of any credits left owing to the member.

**Once you have read and understood this please tick to say you agree to abide by the club credit policy on page 11 of this membership pack.**

**\* In the training period this year there are 53 Friday's, and 52 Monday, Wednesday, Thursday and Saturday sessions, and 34 Tuesday sessions. Therefore, all members training on a Thursday will start with 5 debits for those sessions.**

# WHIRLWINDS TRAMPOLINE AND DMT CLUB

## BOUNCERS CODE OF CONDUCT

We ask that parents go through each point with the bouncer until fully understood by both parties before signing and returning the slip at the end of the Code of Conduct. This should be signed by both parent and bouncer, dated and returned. The bouncer will only be permitted to participate in club activities when this has been received.

### SECTION 1: GENERAL

- ☆ Bouncers are asked to arrive on time, preferably 5 minutes prior to their designated session.
- ☆ All bouncers must complete a warm-up activity before getting on the trampolines. This usually takes 10 minutes of the session. (If you arrive after this time, we reserve the right to refuse a lesson. You may still be able to take part, at the coach's discretion, should there be a suitable trained person available to warm you up, with minimal disruption to the other bouncers.)
- ☆ Bouncers must come wearing appropriate sports clothing, as set out below:

#### EVERYONE

- Non-slip socks or trampoline shoes.
- All jewellery removed (as it presents a hazard to both coach and bouncer). All body piercing must be removed or covered by tape/plaster if it is within the first 6 weeks, without exception.
- Hair below shoulder length must be tied back securely. Even shorter hair should be clipped back.
- Keep toenails and fingernails short.
- Please note 'hoodies' are not allowed on the trampoline, they must be removed before bouncing.

#### COMPETITIVE

- Sleeveless club leotard or any other leotard and shorts (see separate clothing rules for squad sessions and competitions).
  - Please bring suitable warm up clothing to keep warm between goes, during warm up and cool down, especially during the winter months.
- ☆ Bouncers under the age of 8 must be accompanied and parents are asked not to leave the premises.
  - ☆ No-one should take photos or video footage during sessions, without prior permission of the Senior Coaching Team.
  - ☆ No-one should post/publish photos of people/children on social media without their permission.

- ☆ CCTV via the FlipOut Server will be used within the new facility, this is not accessible by Whirlwinds staff or FlipOut Staff unless we request it

## SECTION 2: BEHAVIOUR NEAR THE TRAMPOLINE

- ☆ Non-bouncing siblings and friends should not be around the trampolines. They must be monitored by their parent/guardian. We would like them to respect the sports facility and other users and be safe.
- ☆ Bouncers should always spot for others, when needed, and be ready to help.
- ☆ When spotting, attention must be paid to the person on the trampoline at all times.
- ☆ Bouncers should never go under or swing under the trampoline or end decks, including mats between trampolines.
- ☆ Any food or drink brought into the sports hall, must be kept at the side of the hall, well away from the trampolines. Please only bring suitable drinks (i.e. non-fizzy) to training and ensure they are in appropriate sports bottles (as they are less likely to be spilled).
- ☆ Use only appropriate language during the sessions and consider others.
- ☆ Permission should be granted by the coach before the bouncer leaves the side of the trampoline – ensure there are sufficient spotters before leaving the side of the trampoline.
- ☆ Only get on the trampoline when the previous person has dismounted carefully.

## SECTION 3: BEHAVIOUR ON THE TRAMPOLINE

- ☆ The bouncer should never use the trampoline unless the coach is present and has granted permission.
- ☆ The bouncer should never attempt difficult skills (outside their current capabilities) without progressive training and specific permission of the coach.
- ☆ The bouncer should avoid ‘Tests of Daring’ with others who may be far more experienced.
- ☆ The bouncer must pay attention to the instructions of any coach within the club.
- ☆ Leave the trampoline carefully, especially looking out for raised side pads which can be a tripping hazard. Do not jump off the trampoline onto the floor.

## SECTION 4: TRAMPOLINIST AND COACH RELATIONSHIP

- ☆ At the beginning of a training session, it is the responsibility of each bouncer (or parent for the very young members) to inform their coach of any medical issues they have experienced or new medication they may be taking, since the previous training session, which may affect performance.
- ☆ Each bouncer is asked to approach training with enthusiasm and commitment. Working hard, putting in your best effort and being open minded will help you to achieve your full potential and to have fun.



- ☆ If you do not clearly understand a task or skill a coach has asked you to perform, always ask them to expand on what they have said or explain in a different way e.g demonstration. The coach's role is to help you to understand new skills and teach you how to learn them safely – NEVER be afraid to ask. Do not try something you are unsure of.
- ☆ Communicate with your coach about your goals and what you wish to achieve within trampolining. This will give you targets and motivate you to work towards these in training, as well as making it easier for the coach to plan your training. Coaches will be happy to discuss and help set both long and short term goals which are suitable to you.
- ☆ No club members under 18 should be friends on social media sites such as Facebook with any coach or member of the committee. (As per British Gymnastics (BG) good practice guidelines on the use of social media sites.)

**SECTION 5: CLUB ATMOSPHERE**

- ☆ Treat other people as you would like to be treated yourself. No form of bullying will be tolerated at any level.
- ☆ Have respect for other club members, and try to help each other in achieving your goals. You can learn a lot from each other, and will get more out of each session if you work together.
- ☆ The club aims to provide a friendly and fun environment in which everyone feels comfortable in learning new skills and where there is sufficient focus in achieving personal goals.
- ☆ ENJOY YOUR SPORT AND HAVE FUN!

**Please keep your copy of the code and detach and return the slip below.**

✂.....

I agree to abide by the bouncers code of conduct for Whirlwinds Academy Trampoline and DMT Club and to maintain the highest standards of behaviour during any time spent with the club at training, club activities/events or competitions.

**BOUNCER'S**

NAME.....SIGNED.....

**PARENT'S**

NAME.....SIGNED.....

DATE.....

## Whirlwinds Academy Trampoline & DMT Club

### Registration Form

(Please complete all fields clearly)

<b>Name</b>			
<b>Address</b>			
<b>Postcode</b>			
<b>Home Tel:</b>		<b>Mobile (Over 18)</b>	
<b>Email</b>			

(Email is very important as most communication is through email. Email must belong to someone 18+)

<b>Date of Birth</b>		<b>School</b>	
<b>Name of Parent/Guardian</b>			
<b>Parent Tel Number</b>		<b>Mobile</b>	
<b>Doctor's Name, Address and Telephone number</b>			

#### Additional Emergency Contacts

<b>Name</b>		<b>Relationship</b>	
<b>Tel</b>		<b>Mobile</b>	
<b>Name</b>		<b>Relationship</b>	
<b>Tel</b>		<b>Mobile</b>	

## HEALTH INFORMATION FORM

Name of bouncer \_\_\_\_\_

Please provide details of any of the following:

Do you have any physical or learning disabilities? YES / NO

If YES please supply more details \_\_\_\_\_

\_\_\_\_\_

Do you have any known allergies / sensitivities? YES / NO

If YES what precautions do you need to take? \_\_\_\_\_

\_\_\_\_\_

Are you currently taking any Medicine / Diets / Treatments? YES / NO

If YES what are they? \_\_\_\_\_

Does your specialist have any concerns about you trampolining? If so, what?

\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Permission Form

Please fill in names, confirm the following (tick the box) and sign at the bottom.

I \_\_\_\_\_ parent/guardian (or bouncer if 18 or over) of

Name of bouncer \_\_\_\_\_ :

Hereby give **permission** for me/my child to attend and take part in Trampolining/DMT at the Whirlwinds Trampoline and DMT Club.

I confirm that I am/my child is **healthy and fit** to do so.

I confirm that I am happy with the **incident reporting mechanisms** in place.

If it becomes necessary for my child to receive **medical treatment** and I cannot be contacted by telephone or any other means to authorize this, I hereby give my general consent to any necessary treatment and authorize a coach or committee member to sign any document required by the hospital authorities.

I hereby consent to **video footage** being taken of myself/my child by Whirlwinds for the purpose of improving performance.

I hereby consent to **photographs** of myself/my child being taken by Whirlwinds and their photographs being featured in the **local press**, Somerset College and at Wellsprings Leisure Centre.

I hereby give permission for my/my child's **name** to be mentioned in the **local press**, Somerset College and at Wellsprings Leisure Centre, in relation to Whirlwinds Trampoline and DMT Club.

I hereby give permission for my/my child's training sessions to be videoed via CCTV, only to be used if required by Whirlwinds staff.

I confirm that I have gone through each point on the Whirlwinds **Code of Conduct** with the bouncer until fully understood by both of us and we have both signed and include the slip from the end of the Code of Conduct.

I have read and understood the Whirlwinds' **Credit Policy** (p5). I agree to abide by the system set out therein.

I have **read this Membership Pack** for Whirlwinds Trampoline Club and agree to abide by it.

**I will inform the club if any of the information given on this form changes.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Signing Out Form

Whirlwinds Trampoline Club require a responsible adult to accompany any member under the age of 8 for the entire session.

Signature is required for any member under the age of 16 to leave the premises unaccompanied.

If you would like your child aged 8-15 to be able to leave their class without a parent, guardian or authorized adult please indicate this in the form below and sign to accept this.

If you need to change any signing out details in the future please complete a new authorisation form. This is for your child's safety.

Thank you for your co-operation.

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**Name of bouncer** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**Please tick one of the following;-**

I am a bouncer aged 16 or over,

I am the parent of a child aged 8 or over and I give permission for my  
son / daughter to leave each session unaccompanied,

I am the parent of a child aged 8 or over and my son / daughter will be  
collected from inside the sports hall at the end of each session,

I am the parent of a child aged under 8 and agree that a responsible  
adult will accompany them throughout each session.

Signature \_\_\_\_\_

Date \_\_\_\_\_

# ALL BOUNCERS SHOULD:

☆ ARRIVE ON TIME



☆ INFORM COACH OF ANY INJURY YOU ALREADY HAVE



☆ DRESS READY TO BOUNCE



☆ TIE-UP HAIR



☆ NOT BRING FIZZY DRINKS



☆ KEEP FOOD AWAY FROM TRAMPOLINES

☆ RESPECT OTHER CLUB MEMBERS



☆ WARM-UP FULLY



☆ LISTEN TO YOUR COACH



☆ NOT RUN AROUND



☆ WATCH OTHERS CAREFULLY AND LEARN WHEN SPOTTING



☆ NOT GO UNDER THE TRAMPOLINE



☆ ONLY USE THE TRAMPOLINE WHEN THE COACH IS THERE

☆ ONLY PRACTICE SKILLS YOUR COACH HAS TAUGHT YOU

☆ COOL DOWN BEFORE YOU LEAVE



## ☆ HAVE FUN!!