

ABN: 28 558 604 355

BIRRALEE GYMNASTICS INC.

A0021002L

P.O Box 102, Wallan, Vic 3756



Information Guide

The Committee and Coaches of Birralee Gymnastics would like to welcome you and your family to our Club. We hope you enjoy your time with us and we look forward to your involvement with the Club.

Birralee Gymnastics is a **Community based not-for-profit organisation** that offers an educational based fitness program that promotes the sport of gymnastics in a safe, fun and friendly environment. Birralee relies solely on weekly class fees and fundraising to cover running costs.

Committee

Birralee Gymnastics is led by a **Volunteer** committee that is comprised of interested parents who volunteer their time and services to ensure the smooth running of the Club. All Volunteers are required to have a current working will children check.

Committee meetings are held once per month. The Newsletter will notify you of where and when the meeting is to be held. Everyone is most welcome to attend. To have your say in how the Club is run please get involved with our Committee.

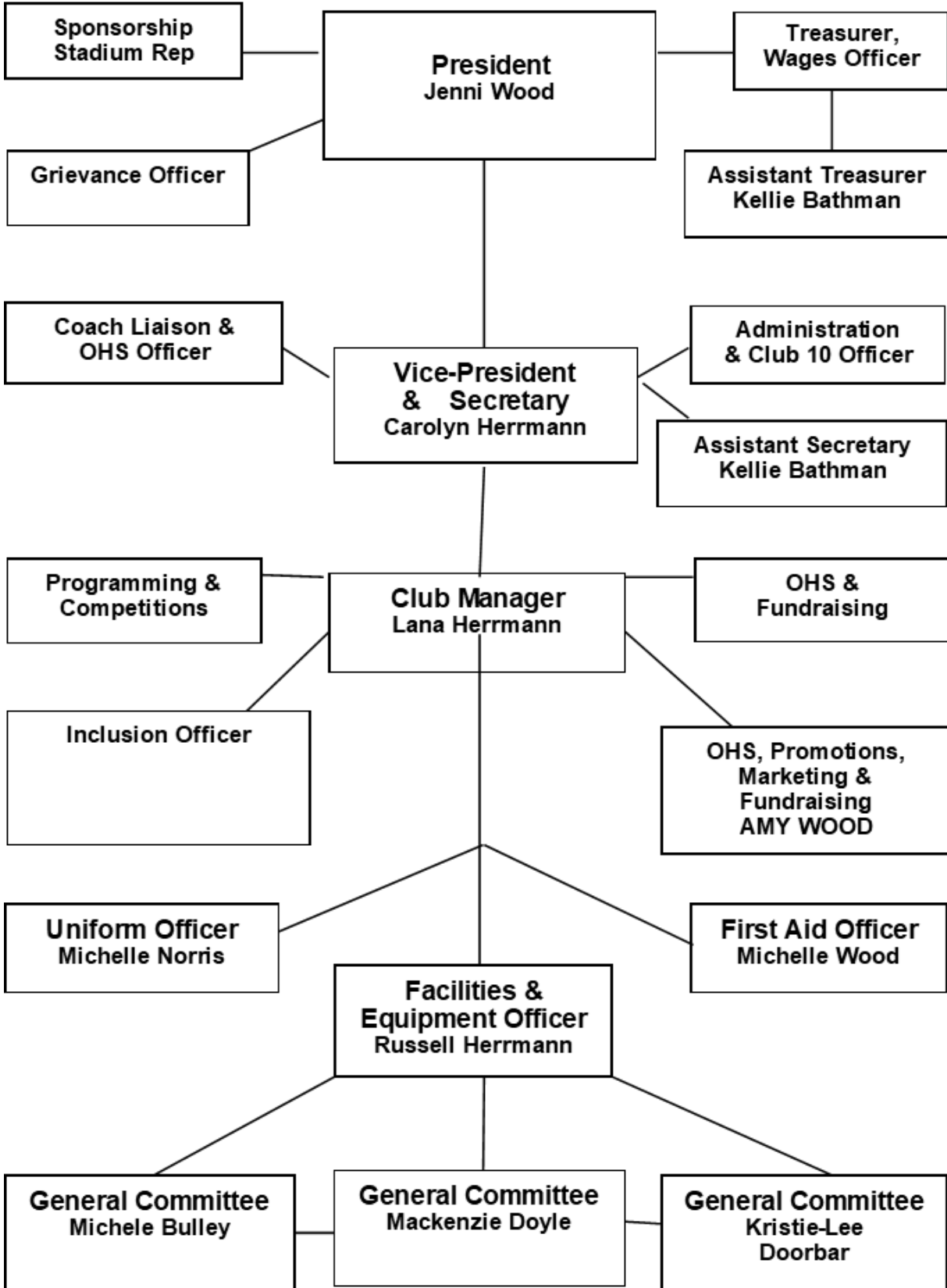
NEW COMMITTEE MEMBERS ARE ALWAYS WELCOME. WE NEED YOU.

Our History

In 1989 a group of mums were interested in their toddlers being involved in an educational fun gym program to develop their children's physical and social skills. After a long year of organising and fundraising those initial ideas became a reality. A competition was organised to name the Club and "Birralee" was chosen which is Aboriginal for 'children', originating from the Yuwaalaraay and Gamilaraay people.

The first classes were held in 1990 and Birralee was affiliated with the Y.M.C.A. In January 1996 Birralee affiliated with Gymnastics Australia which was more specific to our Club and offered valuable resources.

Committee Structure



Our goal continues to be to build our own facility. We hope to continue expanding our program to include more opportunities for participants. Everyone is welcome to come along and watch or participate in our classes.

Coaches

All our qualified coaches are registered with Gymnastics Australia. Coaches are required to complete yearly updating educational workshops to maintain their registration to continue coaching.

Notices

Notices are available on the Club Portal, this can be accessed via the app or on our website.

Siblings that are not participating

Parents must supervise siblings at all times and ensure that they are not on the equipment at any time unless they are in a class. No bikes, skateboards or toy prams are allowed in the stadium at any time.

Siblings of gymnasts must remain within the court occupied by Birralee Gymnastics and are not permitted on the other basketball courts.

Enrolment:

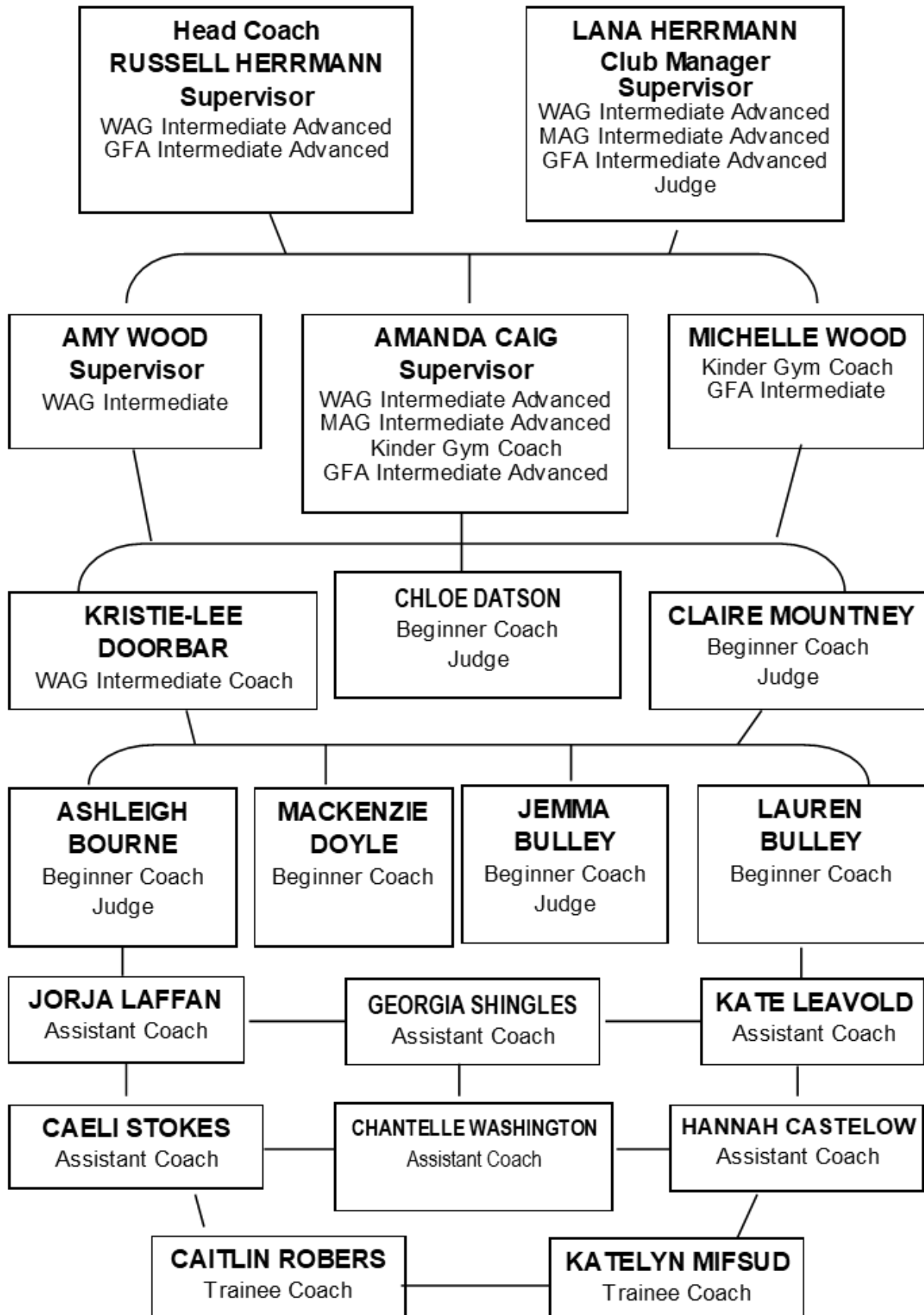
Commencement of Classes need to be booked prior to attendance.

Fundraising

At different stages throughout the year Birralee Gymnastics undertakes fundraising events to subsidise Club activities or to purchase new equipment. Due to our low fee structure, it is asked that parents assist in these events where possible. Any assistance provided by you is greatly appreciated. If you have any special skills, for example plumbers, electricians, secretarial skills, bookkeeping etc. that you feel the Club may be able to utilise please inform the Committee. If you would like to sponsor the Club or know of anybody who may be interested, please let the Committee know.

We have over **350** families involved with the Club – what a great base for promotion.

Coaching Structure



Club Program

Birralee offers a range of gymnastic programs that cater for all abilities. Programs are designed to enhance individual physical and motor abilities such as flexibility, strength, muscular, endurance, balance, coordination and agility. Our teaching methods include group activities, problem solving and individual challenges using a wide range of equipment.

Birralee is a recreational gymnastic club offering participants a safe, non-threatening environment and fun way to learn. Throughout the year members have the opportunity to participate in. Gymnastics Victoria events and Gymstar Competitions

Registration

Birralee Gymnastics is an affiliated member of Gymnastics Victoria and Gymnastics Australia. All participants of Birralee Gymnastics are registered and insured through Gymnastics Australia.

Registration is paid annually and provides Insurance from January 1st to December 31st. A new Gymnast is welcome to participate in our Come and Try program for the first visit. The next attendance will require that the Insurance is paid or participation will not be permitted.

Parents or Guardians must remain in attendance until all Insurance fees are paid.

Competitions

A yearly Competition Calendar is available on the website. It is the responsibility of the parent and gymnasts to collect the competition form and return it together with payment (cash only) by the due date. If the appropriate form and money are not received by the due date the child will be unable to participate in that competition. We do not select gymnasts for competition, all participants 5 years old and over are welcome to participate in the Competition program. It is not how they do that is important but having a go and trying.

Fees

Class fees are encouraged to be paid by the term with a 10% discount via the customer portal, class payments by eft or cash are payable in person at the door at time of class. Fees in arrears cannot be carried by the Club and may result in the termination of your child's participation until payment is received.

Families suffering financial difficulty are encouraged to contact the President or Secretary to make suitable financial arrangement to ensure the continual participation of their child.

EFTPOS FACILITIES AVAILABLE AT DOOR

Unattended Classes

Each gymnast is entitled to one credit per term for a class which could not be attended. This credit cannot be transferred to another gymnast or accumulated to the next term. Once this credit has been used the balance of the classes must be paid for whether the gymnast attends or not.

If you have a long term (more than 3 weeks) injury or illness you may contact the President or Secretary in writing to request a special change to the above rule. The committee will make the final decision.

If your child leaves and then wishes to return there is no guarantee that your child will be able to attend the same class that they previously attended. It is your responsibility to let the club know if your child does not wish to continue gymnastics, if we do not know this your fees will be payable for classes not attended until we are informed of your decision. You are welcome to notify the club via email if you wish.

Cleaning levy

An annual Levy of \$11.00 per family is required to cover the cost of cleaning and maintaining our equipment.

The Committee of Management must be informed immediately of any Custody or Intervention Orders.

Constitution and Policies

These are available for viewing on the website. www.birraleegymnastics.com.au, please refer to our 'downloads' page

Medical Consent form

Please inform us promptly of any changed details. Medical Alert bracelets must be worn at all times and Committee need to be informed of any Diabetic requirements.

Accidents

If your child has an accident during class they will be attended to by one of our First Aid Officers and an Accident Report will be sent home with your child. The Accident is also recorded for our records.

Ambulance

In the event that it is necessary to call an Ambulance, the parent or guardian will be responsible for any fees charged by the Ambulance Association unless covered by Ambulance Subscription. The Senior Coach on Duty will call an Ambulance if they feel that it is necessary prior to notifying the parent.

Toddler and Kinder Gym

1. During Kinder Gym classes parents are responsible for the care and safety of their children.
2. No mobile phones are to be on the gymnastics floor.
3. If your child is injured in any way please inform an Instructor immediately, this includes if your child is injured or unwell prior to class commencing.
4. During Toddler and Kinder Gym classes, siblings are not permitted onto the floor area.
5. Don't forget that exploration is the key to learning, so allow your child to progress at their own pace and you will both find the class more enjoyable.

Uniform

Recreational Gymnastics Program

No uniform needs to be worn for classes, however it is a requirement that clothing is free of zips, belts, buckles and buttons. No hoodies are permitted to be worn. Culottes should not be worn and pants shouldn't be longer than the ankle. Straps must be at least an inch wide on the shoulders. If your child is in inappropriate clothing (such as dresses) they will not be allowed to participate in the class. Clothing should allow free movement in all directions. Hair should be tied back neatly, no socks or jewellery (except for medical alert bracelets)

Birralee has a black and teal shirt with logo and windcheaters with logo together with a teal and black leotard available for purchase. Birralee Gymnastics Inc. takes great pride in their presentation across all areas. The following uniform requirements have been endorsed to ensure all members of our club:

- wear the appropriate attire to participate in activities safely
- are easily identified as club members
- represent our club in a positive and professional manner

Levels Program

Gymnasts participating in Levels programs are required to wear the following:

Girls

Training: Club leotard or black bike pants/ track pants, club polo

Competition: Competition Club leotard, Club tracksuit (optional), Club bag (optional) and runners. Hair must be tied back neatly and no jewellery.

Boys

Training: Club leotard/polo shirt and shorts or track pants

Competition: Competition Club leotard, club shorts, club longs, polo shirt, club tracksuit (optional) runners, club bag. Hair must be tied back neatly and no jewellery.

Travelling

When gymnasts are travelling to/from events, competitions or public displays, the following uniform must be worn: Club polo shirt and black pants, Runners, No jewellery, Club tracksuit (optional), Hair tied back neatly

Committee

Volunteers will be provided with a Club Polo shirt to make them visually identifiable and have their working with children check with them at all times

Food & Drink

No food or drink (with the exception of water) is to be consumed inside the gymnastics area unless it is for medical reasons. Please ensure that your child has a water bottle at each class, as the coaches allow for numerous drink breaks throughout your child's lesson. Please ensure that the drink contains only water, as sticky drinks do not help with rehydration and damage the equipment.

Inappropriate Behaviour

Children that behave inappropriately will be given one verbal warning and then a 5-minute time out. If the child persists in behaving inappropriately, they may then be asked to leave the group for the remainder of the lesson. If inappropriate behaviour persists after a formal letter in writing, then the Committee of Management reserves the right to expel the member from further participation in the Club.

Safety Rules

1. Gymnasts must wait quietly until their class is due to start. Parents and non- participating children are welcome and encouraged to stay and watch, however children must be strictly supervised at all times and parents must ensure that they are not on the equipment unless they are in a class and kept quiet so as not to disturb or distract the class in progress. No bikes, skateboards or toy prams are allowed in the stadium at any time.
2. Punctuality must be strictly adhered to. Warm-up is one of the most important parts of the program; if warm-up is missed or the participant arrives at the conclusion of this they will be unable to **participate** in that session. This will be strictly enforced.
3. Only bare feet. Grip socks or jiffies are only acceptable for Toddler and Kind Gym activities (depending on the apparatus) socks or tights not to be worn. Footwear should be worn to and from gym.
4. No jewelry to be worn during classes. Bangles to be removed or bandaged to the arm. Sleepers or studs are accepted. Medical alert bracelets are accepted.
5. Long hair must always be tied back neatly (No pins or clips)
6. Glasses should be secured as necessary.
7. Children must not share drink bottles with other children or refill bottles from toilet areas.
8. Only one person permitted on equipment at any time unless under direct instructions from a Coach.
9. Equipment may only be used under the Supervision of an accredited Coach.

10. Running in the gym is not permitted, unless instructed by a Coach.
11. Children that behave inappropriately will be given one verbal warning and then a 5-minute time out. If the child persists in behaving inappropriately, they may then be asked to leave the group for the remainder of the lesson.
12. Children must be collected from the Club and are not permitted to leave the club unless in the presence of a parent or guardian. This is a serious breach of Club Rules and can lead to instant dismissal from the Club.
13. No swearing or verbal abuse is permitted at any time.
14. Bullying and antisocial behaviour will not be tolerated at any time.

BREACH OF SAFETY RULES

It is a condition of entry to Birralee gymnastics that all persons agree to and abide by these safety rules. Birralee Gymnastics Inc. reserves the right to remove any person for breach of these rules or behaviour contrary to the Clubs codes of conduct.

Exclusion Policy

Birralee Gymnastics Committee of Management reserves the right to exclude the following infections from the Club in the interest of Health and Public Safety

- Meningococcal
- Hepatitis
- Hepatitis C
- German Measles
- Scarlet Fever
- Mumps
- Measles
- COVID –19

A Medical Certificate is required prior to future participation for the below ailments.

- Ringworm
- Scabies
- Open Wounds
- Conjunctivitis
- Hand Foot and mouth
- Head Lice
- Chicken pox
- COVID-19

Emergency

Evacuation procedures, these are practised out twice annually. Refer to our Evacuation Policy for further information.

Security

- Report any suspicious or unusual behaviour to the Head Coach, Floor Supervisor or Committee Member or if urgent to the Police.
- Parents are to wait for the children in the reception area.
- Children are not permitted to leave the gym unaccompanied at any time (this can mean instant dismissal from the Club)
- No one is permitted in the gym and on the equipment unless authorised to do so.
- Only staff are permitted in the office/kitchen area or behind the reception desk.

Privacy Policy - Refer to our Evacuation Policy for further information.