



AGA

Parent/Gymnast Handbook



Welcome to Aberdeen Gymnastics Association, also referred to as AGA.

Our Mission

To provide excellent, capable instruction for both aspiring and competitive gymnasts in a fun, safe, and supportive environment, where athletes are taught strength, agility, and flexibility skills; learn responsibility and independence; and have fellowship with other gymnasts and coaches.

Our Vision

To develop confident gymnasts who are enthusiastic about training, excited about the sport of gymnastics, and who transfer what they learn in the gym to help them succeed in other areas in life.

Our Philosophy

The gymnastics gym is a place to nurture children of all ages with acceptance, encouragement, and respect to help them feel confident and supported in life. Any child interested in gymnastics deserves a chance to learn how to safely train to be a gymnast and to have the opportunity to not only learn basic gymnastics fundamentals properly and thoroughly, but also the chance to advance as far as they can competitively. Sport activities provide a wonderful place to learn valuable life skills: diligence, self-respect, lifelong fitness, and how to get along with peers and superiors.

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Code of Conduct

The Code of Conduct aims to set the minimum standards for all participants including gymnasts, coaches, spectators, officials, and administrators. The Code of Conduct was created to maintain a positive and successful learning environment.

- I will be on time and dressed appropriately
- I will show respect, courtesy, and good sportsmanship towards fellow gymnasts, coaches, and officials
- I will be supportive towards other gymnasts and not criticize them
- I will respect the rights and worth of every person regardless of their gender, cultural background, or religion
- I will respect coaches' decisions
- I will act with integrity and accept responsibility for my actions
- I will ensure my actions contribute to a safe environment
- I will respect all equipment and use it safely and appropriately
- I will never abuse, bully, harass or threaten anyone
- I will refrain from the use of profanity or vulgar language
- I will refrain from any type of behavior that may cause distraction to others
- I will not cause intentional property damage to the facility or the equipment

Registration/Payment/Waivers

All participating gymnasts must have an online Go Motion account created by their parent/guardian or the gymnasts themselves if appropriate. Your Go Motion account is used for the following: Class/Clinic/Camp registrations. Registrations will be accepted until classes are full. Gymnasts are welcome to join classes at any time in a session if there is room and a prorated fee will be applied. Waivers required are also done through Go Motion during the registration process. Waivers are required to be filled out annually. Billing occurs through Go Motion with credit/debit card on account holder's file. Fees include taxes and are due upon registration unless otherwise specified during the registration process.

Go Motion also houses the following information in case of emergency:

- Parent/Guardian Name and phone number
- Emergency Contact
- Physician
- Allergies
- Medications Used
- Medical Conditions

Beginning January 2023 an annual membership fee is due for current participants, when becoming a new member and annually thereafter. Competitive Gymnasts: Need to have an active USAG membership.

Recreational Class Levels/Class Placement

AGA operates with the following recreational class levels for gymnasts 6 years of age and older:

- Beginner Amethyst
- Amethyst
- Sapphire
- Emerald

For the safety of each gymnast, it is important that all gymnasts are placed within the appropriate class level. In the event of a missed class, a make-up class may be scheduled. Gymnasts should register for class levels based on provided skill sets listed on our website. Coaches reserve the right to move an athlete from level to level to ensure each athlete is within the appropriate class based on their skills. The coach or a member of the Board of Directors will notify parents when a gymnast needs to move to another level. At the end of a class session an evaluation form will be provided for each gymnast with the appropriate level they should next be registered for.

Make-Up Classes

Make-up classes may be requested by email. AGA will return your email to schedule a make-up class. Make-up classes must be held within the same session they are registered for.

No shows for a make-up class without prior cancellation will count as the make-up class.

Refunds/Cancellations/Credits

Participants have the right to cancel scheduled activities. This policy outlines charges associated with cancellations.

Terms:

Refund: Refunding a dollar amount back to credit/debit card on the account holder's Go Motion account

Credit: Dollar amount credited to the account users Go Motion account (not credit/debit card) for future use

All cancellations must be provided in writing and sent by email to aberdeengymnastics@gmail.com and subject to the following conditions:

1. Cancellation Notice and Fees:
 - a. A full refund or credit may be issued if cancellation request is submitted 7 days prior to start of the first class of the session.
 - b. A 50% refund or credit may be issued if cancellation request is submitted less than 7 days prior to start of the first class of the session.
 - c. No refund/credit will be issued once the session has begun.
 - d. If a credit on an account is requested to be refunded, it is subject to an administrative fee.
2. All refunds are subject to a \$10 administrative fee
3. Missed class due to injury, illness or COVID restrictions

- a. Participants may schedule a make-up class if able
 - b. If unable to schedule a make-up class, such as due to injury, participants may be issued a credit for unattended classes
 - c. Written notification must be submitted by email by the day of the scheduled class
4. No Shows with no written notification
- a. Refunds or credits do not apply

Communication

Communication with families is important for athlete involvement, participation, and safety. AGA will communicate with participant's Go Motion account holder unless otherwise specified.

Information communicated includes but is not limited to:

- Account information/payments
- Personal class schedule
- Participant's progress
- Medical information including injuries

Communication methods may include but is not limited to:

- Email
- Text
- Phone Calls
- Letters
- Verbal Communication

AGA may share public information with non-account holders.

Inclement Weather

Weather conditions can impact operations. While every attempt is made to maintain operations, it may be necessary to cancel during severe weather conditions.

AGA does not follow any school district closures or cancellations.

Closing Decisions:

- AGA will evaluate the condition and severity of weather conditions
- Cancellation decisions will be made on a case-by-case basis

Cancellation notices will be posted on our Facebook page and a notification will be sent. During severe weather conditions we urge parents/guardians/gymnasts to check our Facebook page for any cancellation updates before coming to class.

Make-up classes may be scheduled for missed classes due to weather cancellations.

Drop off/Pick Up

AGA is not responsible for ensuring gymnasts enter and exit the facility safely.

Guidelines for participant drop offs:

- Parents are strongly encouraged to escort their child into the gym (especially when dark outside).

Guidelines for participant pick-ups:

- Parents with children 13 yrs and younger are required to enter the facility to pick up their gymnast.
- AGA will need permission from a parent/guardian to release gymnast to someone other than a parent or guardian.

Gymnast Attire

Safety is our top priority. We strive to provide an environment free of potential harm. Gymnastics is a high-risk sport and inappropriate attire may become a danger to gymnasts or coaches. To reduce the risk of potential harm to each gymnast and coach, gymnasts must dress in the following:

Female gymnasts:

- Leotard (may wear athletic spandex shorts over the top)
- No jewelry including belly button rings (stud earrings are okay)
- Long hair secured away from the face

Male gymnasts:

- Athletic style shorts-nothing with snaps, buttons, or zippers
- Form fitted shirt or tank top that tucks into their shorts
- No jewelry (stud earrings are okay)
- Long hair secured away from face

Spectators

AGA strives to provide a safe environment for all participants including gymnasts, coaches, officials, and spectators.

Spectators are welcome to quietly observe but are not permitted within practicing areas of the gym. Spectators including non-participating children may observe from the viewing area only.

Flash photography is not permitted.

All spectators are expected to follow our Code of Conduct.

Lockers

Personal belongings may be stored in lockers. Lockers are available during an individual class or can be rented out monthly.

Personal locks are not permitted

Open lockers are available to gymnasts within their class time only and without a lock. Belongings need to be removed at the end of each individual class. It is not recommended to have anything of value in a locker. AGA is not responsible for lost or stolen items.

Alterations/Stickers/Graffiti of any kind are not permitted

Lockers are available to rent monthly with the following guidelines:

- A monthly fee in the amount of \$10 will be billed by 1st of each month
- Locker fees are non-refundable
- Locks will be provided
- Lockers provide basic level security. AGA is not responsible for lost or stolen items
- It is not recommended that you give out your locker combination to anyone
- Lockers need to be kept odor free
- Report any maintenance issues
- Relinquishing locker: Locker must be cleaned out of all belongings, lock returned to AGA personnel and inspected by AGA personnel at which time monthly payments will be discontinued beginning the following month
- Any damages done are subject to a fine
- A replacement cost will be assessed should the lock not be returned

Bullying/Hazing/Harassment

We strive to provide a positive learning environment where gymnasts can foster respectful relationships among fellow gymnasts, coaches, and officials.

Terms:

- Bullying: to seek harm or intimidate
- Hazing: Any action to produce mental, physical discomfort or embarrassment
- Harassment: Includes ethnic slurs or racial epithets, name-calling, jokes, cartoons, pictures, gestures, unwelcome physical touching, and other conduct based on a person's race, color, religion, sex, national origin, disability, sexual orientation, or pregnancy

Bullying, hazing and harassment are strictly prohibited. These include but are not limited to:

- Direct physical contact (examples: hitting, pushing, kicking, unwelcome touching)
- Verbal assaults (examples: vulgar language, teasing, name calling)
- Visual references (examples: messages, pictures)

We expect any participant to report incidents of bullying, hazing or harassment immediately to a coach. Staff that witness such acts will take immediate steps to intervene. Each complaint will be investigated.

Bullying, hazing and harassment are subject to disciplinary action including but not limited to termination from the program. See disciplinary action policy.

Each participant is expected to follow AGA's Code of Conduct.

Disciplinary Action

We take the privilege of instructing gymnasts very seriously. Safety is a priority, both physically and mentally.

Gymnasts of all ages are expected to always conduct themselves in an appropriate manner.

Disciplinary Action may take place if any of AGA's policies are not followed.

The following disciplinary actions may be taken:

1. Coaches will attempt re-direction
2. Continuance will result in sitting out for the remainder of class and contact made with parent/guardian
3. On-going infractions will result in a meeting with participant, parent/guardian, coach, and a member of the board of directors
4. Continued on-going infractions may result in expulsion from the program.

In the result of disciplinary action, refunds/credits will not be issued.

Concussion Policy

We recognize gymnastics is a high-risk sport and we are committed to providing a safe environment for participants. AGA has adapted the following concussion protocol.

Concussion: a type of traumatic brain injury caused by a bump, blow or jolt to the head or a hit to the body that causes the head to move rapidly back and forth. This movement can create chemical changes in the brain.

During the registration process, a parent or guardian will acknowledge they have read a concussion information sheet provided by the CDC.

All coaches will be provided education on the following: what is a concussion, how to identify, signs and symptoms, what to do if a concussion is suspected, return to participation and AGA's policy regarding concussions.

1. Limiting Exposure to head trauma

- We will provide a safe environment for our athletes by
 - Ensuring equipment is properly maintained and inspected
 - Ensuring areas are clean and clear
 - Ensuring gymnasts have completed proper progression before trying a new skill
 - Using proper mats on each event

2. Recognizing a Concussion:

Coaches must be able to recognize potential injuries that may cause a concussion as well as the signs and symptoms.

- Signs and symptoms
 - Cannot recall events before or after
 - Appears dazed
 - Moves clumsily, feeling sluggish
 - Answers questions slowly
 - Loses consciousness (even briefly)
 - Mood, behavior, or personality changes
 - Headache or pressure in the head
 - Nausea or vomiting
 - Dizziness or difficulties with balance
 - Slurred Speech
 - Confusion
 - Bothered by light or noise
 - Ringing in the ears
 - Blurred vision

3. Action Plan

- Coaches must immediately withdraw a gymnast from participation if a concussion is suspected and notify parent/guardian. A gymnast suspected of a concussion will not be permitted to drive themselves.
- Coaches will seek emergency medical treatment (calling 911) if any of the following is observed or present
 - Repeated nausea or vomiting
 - Loss of consciousness

- Headache that gets worse over time
- Fluid or blood coming from nose or ears
- Weakness to arms or legs
- Change in behavior
- Slurred speech
- Moves clumsily
- Lasting dizziness
- Blurred vision
- Ringing in the ears

4. Return to Participation

- Gymnasts suspected of a concussion may only return when
 - Symptom free for 24 hours prior to returning to class
 - A written notification from a health care professional is presented

Competitive Gymnasts

As we are a non-profit organization, AGA competitive gymnasts will have out of pocket costs involved to compete. Listed below is AGA's Competitive agreement form.

I agree to pay all fees associated with competing, which include, but may not be limited to the following.

- Competition Leotard (estimated \$105)
- Warm-up Jacket (estimated \$70)
- Solid Black Leggings (can purchase anywhere)
- Backpack (optional, estimated \$45)
- USAG Registration (estimated \$70)
- Coach's fee for each meet attended (\$25)
- Meet fees for each meet attended (estimated \$60-\$100 per meet)
- During competition season, September -April, attend classes twice per week (estimated \$240 per month)

I agree that a \$100 down payment for new competitors and a \$50 down payment for returning competitors will be submitted with this signed agreement.

I agree that \$50 payments will be made by the 15th of each month (October-April), unless the balance is paid in full or covered by fundraising. Payments will be made by check or credit card. If credit card payment made, there will be a \$2 fee per transaction assessed. Full balance of account must be paid by May 31st.

I understand that if my gymnast does not complete the entire season, I am responsible for paying all costs already incurred for the portion that my gymnast did complete.

I agree that my gymnast will participate in a minimum of 50% of the competitions that AGA has registered for as a team. This requirement waived in cases of injury.

I agree and understand that if my gymnast is unable to participate in a meet, that the fees will still be charged to me if they are unable to be refunded to AGA.

I understand that it is my responsibility to ensure that my gymnast attends each competition registered for, and that all costs to attend are my own. Meets are generally on Fridays, Saturdays or Sundays.

I understand that I as a parent I am responsible to help with fundraisers as all gymnasts are to be allotted money from any funds raised due to the nature of AGA's non-profit status.

I have read and understand the AGA handbook and will abide by it and ensure that my gymnast understands as well.

I understand that the following items are needed at all competitions and will help ensure that my gymnast has them:

- Competition Leotard
- Warm-up Jacket
- Solid Black Leggings
- Backpack (optional)
- Grips for Bars (If worn, optional)
- Wet wipes/towel/hand sanitizer (Used to wipe off chalk after bars)
- Hair tied up neatly away from the face with no flyaways
- Snacks (May be needed based on competition time)

School District Competitive Gymnast Policy

Any gymnast eligible to compete for their school district will be encouraged to do so.

School District Competition Season: Estimated November through February

AGA will follow SDHSSA policies regarding private club participation.

Allergies/Medical Conditions

For the safety of everyone within the gym it is important to be aware of all allergies and medical conditions for each gymnast.

AGA uses the Go Motion platform for pertinent gymnast information. Be sure to include in your account all allergies, medications used and medical conditions for each gymnast.

Food and Drink

Adequate fluids are important to athletes during training. Fluid intake helps prevent decreases in performance due to dehydration. Eating during practice poses a potential safety risk such as choking.

Food and drinks can easily become mismanaged while consuming. To maintain safety and cleanliness of the gym, food and gum are not permitted during class sessions.

Gymnasts may have a water bottle with a fitted lid within a designated area.

Note: There is a water fountain available in the gym

Illness/COVID-19

The health and well-being of our gymnasts, coaches and families is paramount. We aim to provide an environment where:

- Health is promoted
- Participants are safe from all types of harm

Our objective is to work with families that may be affected by an illness to ensure our participants remain safe and free from infectious illnesses/diseases. As children become ill this can affect their level of physical safety during practice as well as exposing others to an illness/disease.

Do not bring your gymnast to class if present with any of the following illnesses

Illness may include but are not limited to:

- Been diagnosed with a contagious infection/disease
- Itchy, watery eyes (pink eye)
- Live headlice
- Fever
- Nausea/vomiting
- Diarrhea
- Experiencing shortness of breath
- New loss of taste or smell
- Have a pending COVID-19 test
- Test positive for COVID-19

Gymnasts must be symptom free for 24 hours prior to returning to class.

Open Wounds

AGA operates with the assumption that all open wounds are potentially infected. The purpose is to limit the potential of exposure to a blood borne pathogen/infection.

Open wounds include but are not limited to:

- Sores
- Breaks in the skin
- Open skin lesions
- Drainage from an open area of the skin
- Visible blood

All areas must be fully covered with a band-aide or gauze and athletic tape and the covering remain dry.

Gymnasts should refrain from attending classes if they have a wound that may reopen with activity.

Tobacco/Alcohol/Illegal Drugs

AGA is committed to providing a safe and healthy environment.

In addition to being a health hazard, the use of the following can affect a gymnast's ability to safely perform skills on the required equipment and are prohibited within the facility and parking areas.

- The use of tobacco either by smoking or vaping
- The use of alcohol
- The use of illegal drugs
- Medical marijuana

Using, selling and/or distribution of any of the items listed above is prohibited within the facility and parking areas.

If deemed necessary, AGA will involve local authorities for the usage, selling and/or distribution on any of the items listed above.