

Leeds University Union Trampoline Club (LUUTC) will operate so far as reasonably practicable, in accordance with the following document, its risk assessment & current LUU sports office & governing body guidelines. We are affiliated to recognised National Governing Body: British Gymnastics.

#### Membership

1. It is the responsibility of Captain & Treasurer to ensure that a membership fee of £35 is paid & a membership form completed before any deadline specified by LUU sports office. All members must read & sign this code of conduct.

Members must bring to the attention of the Committee any known medical condition or previous injury that may affect their or other members safe participation within the sport.

#### Training

2. Members should arrive 5 minutes before training to ensure they are prepared, jewellery is removed and they have socks.
3. Members must not train without the attendance of the necessary qualified Coaches & permission of both Coaches & Committee. Notice will be given of term dates & cancellation of sessions if needed.
4. If you arrive late you must carry out an appropriate warm up. Members should not train when they are ill, injured or intoxicated!
5. Members must listen to the Head Coach & the assistant Coaches, also the Committee. When instructed to do something regarding safety they should not hesitate to act in the way requested. Suitable clothing must be worn, hair should be tied back, jewellery removed and socks or trampolining shoes worn.
6. Moves performed must be within a safe training environment & if you're not sure whether you are capable of carrying out the move safely you should ask for a Coach's help. Equipment should be correctly set up, safely & mats used where needed.
7. At the end of the session if the Coach asks that members perform conditioning, members should try their best to participate unless reasonable justification not to. I.e. injury. When the session ends members must leave the sports hall in a tidy state & all apparatus must be returned to its place. No rubbish is to be left.

#### Competitions

8. If you're on the team, you are asked to attend every training session leading up to the competition unless you have an excusable reason. Routines must be practiced in advance & meet the competition requirements.
9. When representing the university you must wear the kit provided. Leotards & Tracksuits these must be returned at end of the competition for washing & safe keeping. The team Captain is responsible for ensuring kit is clean & distributed.
10. Competitors may be asked to contribute a small fee to pay for accommodation & will be expected to pay half the entry fee before entering competition as a deposit to ensure they compete.

#### Kit & First Aid

11. Members will be provided with the opportunity to purchase kit from the kit supplier – Including Polo shirts, tracksuit bottoms, hooded tops, shorts and bags. Payment must be made to the Treasurer before the Committee can order your kit. All extra printing & embroidery you ask for to be put on kit must be suitable & appropriate.
12. LUUTC will follow the LUU sports office guidelines for first aid provision. If members become injured whilst training they must inform the Head Coach on the session & they must inform the Captain. We will then inform The Edge reception. If an accident & emergency occurs LUUTC will also follow the LUU sports office accident & emergency procedures.

#### Regulations


13. LUUTC will operate in accordance with current British Gymnastics regulations. The correct ratios of Coaches to gymnasts as set out by British Gymnastics will be practiced. We ask all members to train within British Gymnastics code of points.
14. LUUTC provide the Sport and Physical Activity Office with coaching certificates; members are encouraged to provide certificates to enable the Captain to do this.
15. When travelling as a club either to extra training or competitions, private drivers must register with the ARC in the Union & club Captain must provide an email to sports office with names of participants in case of an accident.

#### Health, Safety & Insurance

16. Participants should be aware that they are responsible for their own actions, especially if they chose to disregard advice given by Coaches' & Committee.
17. Coaches are qualified under British Gymnastics & involved on the LUU sports coaches' management programme
18. Coaches require British Gymnastics Insurance and the club is covered under university Insurance but it does not cover personal accidents

We ask you to sign & date this document, in doing so you agree to our membership conditions & become a member of LUUTC.

Captain 

Secretary 

Treasurer 

Date 19.09.11