

Parent Information 2023/2024 Academic Year

Welcome to Benchmark Gymnastics and thank you for enrolling your child. Please take the time to read the following information as it should enable you to get the most out of your time at Benchmark.

What to wear

To ensure gymnasts are dressed suitably for training sessions and to meet health and safety requirements we ask that the following dress code be observed by all gymnasts:

- Girls - A leotard or shorts and a t-shirt. Leggings can also be worn
- Boys - Shorts and a unitard or shorts and a t-shirt
- No socks, trainers, shoes, jeans, denim shorts, skirts, casual trousers, crop tops or hooded tops will be allowed
- Long hair must be tied back and kept out of the face
- No jewellery of any description is to be worn including earrings, body piercings, watches, rings, necklaces and nail extensions. If your child wears or brings jewellery, they will be asked to remove it and we will not be held responsible if it gets misplaced
- If you have a verruca, please cover it with a plaster

Club Uniform

At Benchmark Gymnastics club uniform is optional and not compulsory unless your child is competing for the club at an external event. For more information, please see here.

How to be ready for a class

To be ready for a class:

- Please make sure your child arrives between 5 - 10 minutes before the class is due to start dressed in appropriate clothing.
- Please ensure your child goes to the toilet BEFORE the class begins.
- Please ensure your child has enough water for the lesson.
- Please note that no eating, drinking or chewing is allowed during the class with the exception of water.
- Please make sure all the items your child wears or brings to the gym are clearly labelled, including water bottles.
- Make sure all valuables are left at home or put in a safe place. We are not responsible for any items you or your child brings to gymnastics.

What to do during a class (Parents)

We have found that the gymnasts concentrate more fully if Parents are not on site. Therefore, we do not allow parents to remain once they have dropped their child at the door.

However, we do feel it is important that you get to watch your child's lesson. Therefore we run Parent Watching Weeks. These take place every half-term the first week back from a holiday. These dates are specified in the Members/class dates section of the website and we welcome parents to come and watch their children on these dates. Please see [here](#).

Photos & Filming

As we have protected children at our club absolutely no spectator filming is permitted.

Transferring into another class

If you would like to transfer from one class to another please complete the transfer request form [here](#). Please note as the majority of our class are at capacity, we cannot guarantee you that we will be able to offer you a space in the class you request to transfer into.

Requesting an additional class

If you would like to enrol your child in an additional class(es) to the one they currently attend, please complete the online Additional Class Request form [here](#).

Deciding to move on

If you come to the decision that it is time to leave Benchmark Gymnastics please make sure you have understood and followed our policy and procedure for deregistering your child. It is known as our Terms of Leaving and can be found [here](#).

Additional information

The Members area of our website is full of information that you will find useful during your time at Benchmark.