

# CLUB AND TRAINING GUIDELINES



**POLICY NAME:** KSTP Club and Training Guidelines  
**DATE OF ISSUE:** June 2018  
**DATE OF REVIEW:** January 2020 / reviewed February 2020  
**DATE OF NEXT REVIEW:** January 2021  
**CONTROLLING BODY:** KSTP Management

Overview	To ensure smooth running of the gym we ask all members read through the clubs training guidelines.
Gym Related	<ul style="list-style-type: none"> <li>• All athletes must arrive at least 10 minutes before their training starts in order to be prepared for their class.</li> <li>• Athletes are required to wait in the foyer for a coach to direct you into the gym.</li> <li>• Athletes only are allowed inside the gym. There are seats in the foyer for parents and siblings.</li> <li>• Club shirts are to be worn to and from training. If club shirt is not preferred whilst training, leotards, crop tops or other tight fitting clothing in club colours is allowed for girls, boys may wear no shirt. Black shorts or tights should be worn.</li> <li>• Hair that is shoulder length or longer must be tied back and off the face.</li> <li>• No jewellery to be worn to training. (Studs acceptable)</li> <li>• Exercise tracking devices are not to be worn in the gym.</li> <li>• Drink bottles are permitted in gym.</li> <li>• No bags, shoes or other clothing permitted in the gym.</li> <li>• No food or chewing gum in the gym at any time.</li> <li>• Mobile phones must be switched off in the gym.</li> <li>• Athletes with an ongoing injury or condition must provide their own basic first aid ie tape.</li> <li>• Athletes must always tell their coach when they need to leave the floor.</li> <li>• No talking on the tumbling and DMT runs. If you need to talk about something, do it somewhere else so as not to disturb other athletes training.</li> <li>• Athletes are asked to wear their colours and uniforms proudly and always carry themselves in a respectable manor.</li> <li>• Athletes are to be mindful of physical interaction with their team mates within the gym and during training.</li> </ul>
Foyer, carpark and other related matters.	<ul style="list-style-type: none"> <li>• KSTP demands complete respect for the Church from all members whilst on the Church grounds.</li> <li>• The car park, gardens, bathrooms and kitchen area must be kept clean at all</li> </ul>

	<p>times.</p> <ul style="list-style-type: none"><li>• When a class has finished the athlete will be dismissed from their coach. Parents are to collect athletes from the foyer area.</li><li>• Parents/athletes are requested to read the notice board in the foyer weekly.</li><li>• Swearing, running through corridors and yelling will not be tolerated anywhere at any time.</li><li>• Parents are responsible for children not participating in classes and should ensure they are behaving in an appropriate manner.</li><li>• The back party room is a space for athletes only. Parents are permitted to use the microwave to heat up a meal at the end of the training session only.</li><li>• Viewing from inside the gym or party room is only permitted during a trial class or the last week of each term when we open the gym to parents.</li><li>• Only administration staff or management are to enter the office.</li><li>• All Parents and Athletes are to abide by these rules made by Management of KSTP.</li></ul>
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