

# **Welcome to Mitchell Gymnastics Club Info 2024/2025**

## Arrival

Each GYMNAST to arrive **ONLY 5 minutes BEFORE their class time** dressed and ready to go, **PLEASE BE IN THE PARKING LOT FOR PICK UP 5 minutes before their designated class end** to allow for entrance and exit of gymnasts between classes. We ask all parents/drivers to abide by this please. **DOORS LOCKED DURING CLASSES, AND OPENED AT CLASS TIME BY COACH TO MEET CHILDREN AT THE DOOR.** If you arrive late **RING THE DOOR BELL TO THE RIGHT OF THE DOOR AND A COACH WILL COME.** Parents will be asked **NOT TO ACCOMPANY THEIR GYMNAST** into the building, as we no longer have a lobby/waiting area. Parents/guardians are asked to pick up their gymnast outside 5 minutes before expected class end. **DO NOT WAIT IN VEHICLE FOR YOUR CHILD AS OUR PARKING LOT IS BUSY AND VERY UNSAFE FOR THEM TO RUN OUT**

## Gymnastics Dress Code Requirements

We try to maintain a flexible outlook on gym attire following some guidelines to ensure each gymnast is dressed safely for participation. Your child is welcome to wear a body suit, but not mandatory. Clothing should not be overly baggy or restrictive, as you want your child to be able to move easily, but not have so much room in their clothes that they become a tripping hazard. Your child may wear a sweatshirt at the beginning of class as the weather cools off, but ensure that it is easily removed as they do get warm during class. **NO JEANS OR PANTS WITH EXPOSED ZIPPERS, SNAPS ETC.** as it can damage the equipment, as well as jeans are very difficult to do gymnastics in. **APPROPRIATE DRESS:** \* shorts \*t-shirt (short or long sleeved) \*pants (should not go below the ankle and must not be too big)  
IF YOU ARE CONCERNED YOUR TRAINED CHILD IS SUBJECT TO BATHROOM ACCIDENTS, WE ASK THAT YOU USE A PULL UP FOR CLASS PLEASE

## Hair Requirements

**It is MANDATORY that anyone with hair below cheek length including bangs be tied back out of face with a pony tail, barrettes, or clips. We ask that you enforce this before class throughout the year please.** It can create a great danger to your child if they cannot see when they are doing gymnastics, and we would like to prevent injuries at all costs. If your child's hair is not tied back, they will not be allowed to participate, we do try to be accommodating, but safety is not negotiable. Older students, please note that this year there are no exceptions to this rule and we appreciate parents' support!

## Drink Breaks

We provide drink breaks; your child **SHOULD bring their own drink** to class **clearly labelled with their name**

## Club Activities and Correspondence

Our website is a good place to keep track of activities at the club. If you have a question about something coming up at the club – cancellations etc. the website is the first place to go. [www.mitchellgymnasticsclub.ca](http://www.mitchellgymnasticsclub.ca)  
All correspondence and reminders will come by way of **email so please be sure to read the emails as they arrive.** Due to our numbers, we are unable to phone people so if you take a positive approach to keeping up to date it would be appreciated. Please put all requests/questions in writing either by email or at the club on the forms there. Verbal ones are really easy to forget especially with amount of activity that is happening at the club during and between classes

## Inclement Weather:

Please note we are not able to make up CANCELLED days due to the availability of extra class time. We will TRY TO cancel classes By 3:00- 4:00 pm at the latest if the weather looks to be unsafe for driving for students/staff; – we have a large number of out-of-town members as well as staff. **Please check your email before leaving to come to class if the weather looks unsure as we will send out an email BY 4 PM. if a class has been cancelled.** Sometimes weather turns during class and we will email you if you need to pick up your child or call the emergency number you supplied.

## Club Phone and Hours:

Please note our club is open: Monday - Thursday 5:00 – 8:30 pm and Saturdays 9:00 am to 1:00 pm.

ALL REGISTRATIONS, CANCELATIONS ETC to be emailed only to: Michelle at [m.chessell@ezlink.ca](mailto:m.chessell@ezlink.ca)

We work very hard to provide a program that encourages fun while learning in a child and family friendly atmosphere; so, we encourage an open line of communication to provide you with the best service possible. We can be reached in the following ways: **Jen Daum** Owner/Head Coach Michelle Chessell Administrator Email: [m.chessell@ezlink.ca](mailto:m.chessell@ezlink.ca)

# Mitchell Gymnastics Protocols 2024/25

- **PLEASE DO NOT HAVE YOUR CHILD ATTEND CLASS IF THEY ARE UNWELL**
- ANYONE WHO HAS ANY SYMPTOMS OR FEELING UNWELL WE ASK YOU DO NOT ATTEND CLASS. If your child has any signs of any unwellness PLEASE KEEP THEM HOME. **Please ask them prior to attending class.** If your child becomes sick during class; we will make a call to the phone number we have on file as soon as we are able to make the call – if unsure keep them home please
- Participants are asked not to attend classes if either they or a household member has had onset of illness, or tested positive to Covid or awaiting a Covid test
- Please be aware of your child's times – if the door is closed when you arrive, please wait for a coach to open it to start classes. If you are late, please ring the door bell to the right of the door so a coach can let you in
- All gymnasts will need to **bring their own water bottle fully labeled and will need to make sure to take with them at the end of their class**
- **ALL REGISTERED GYMNASTS MUST SIGN THE \*Assumption of Risk Agreement and Facility Declaration\* supplied by Gymnastics Ontario; must be completed by all participants/members before starting classes with their registration form to participate**
- **Payments in full are due SEPTEMBER 27, 2024 and cashed the END OF THE FIRST of classes**
- **ALL Kinder Gym gymnasts** if not fully toilet trained, please *wear a pull-up to class* to eliminate accidents
- Parents are asked **NOT TO ACCOMPANY THEIR GYMNAST** into the building as we no longer have a lobby. Parents/guardians will pick up their gymnast outside. Instructors will greet your gymnast at the door help them with their coats etc. and take them to their class, as well when leaving the club, a coach will be at the door
- **Each class to arrive ONLY 5 minutes BEFORE their class time dressed and ready to go and be PICKED UP 5 minutes before their designated class end to allow for entrance and exit of gymnasts. We ask all parents/drivers to abide by this schedule please so we can get out staff home on time as well**
- *Parents and Tots class is ONE PARENT per gymnast only please, we do not offer a waiting area for parents*
- *Once classes are over athletes are asked to gather their belongings and wait in the designated area at front door for parental pick – we ask that they do not run across the parking lot as it tends to be busy*
- Lost and found items left from one week will be kept until the following week only, so please be sure to pay attention to missing items not returning home from week to week
- We have hand sanitation units for gymnasts to use if they desire
- Chalk is available for any athlete who uses chalk on uneven bars. Athletes should not share personal training equipment (e.g., grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.)
- Everyone must practice personal safety measures such as coughing/sneezing into arm
- **If you have any protocol questions, please direct them to myself – as I am the Health and Safety person for the club so that way the answers are consistent**

*We ask that if you have a concern or question that you email [m.chessell@ezlink.ca](mailto:m.chessell@ezlink.ca) and we will address them as soon as possible, we appreciate your understanding and co operation!*

Jen and the staff are happy to be teaching your children the great sport of gymnastics, and look forward to making gymnastics a fun and welcoming place to come, so with everyone's full co operation to these procedures, we are positive this will be easy to accomplish.

Thanks Jen and Michelle Mitchell Gymnastics Club, 2024/2025