



Gymnastics for All East Midlands Regional Competition Handbook

Competition Organisers' name: East Midlands GFA Committee

**British
Gymnastics**



About

East Midland Gymnastics Association

Our aim is to provide gymnastics opportunities for all ages and abilities across the East Midlands.

The region is made up of 5 counties starting in the North with Derbyshire, then into Nottinghamshire across to Lincolnshire, then down to Leicestershire, and finally finishing with Northamptonshire in the South.

The EMGA accounts for one of the 10 regions that form the English Gymnastics Association that in turn is the regional arm of British Gymnastics. We work as one organisation to provide opportunity and development for our sport both regionally, nationally and internationally.

To help the region function we have a regional exec team consisting of a Chair, a Treasurer, Secretary and Regional Welfare officer. In conjunction with the exec there is the BG development team consisting of an Area Manager and several representatives to support clubs. The development team actively work with the regions clubs to ensure we can help our clubs and disciplines meet the demand of our customers, now and in the future.



British Gymnastics

British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

British Gymnastics provides a national directive and structure for the sport; delivering a range of opportunities across the age spectrum to take part and stay in gymnastics, as well as developing talent and delivering top-level success.

The British Gymnastics strategy aims to meet the following vision and core purpose:

- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.



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Competition details – Overview

Welcome to the **East Midlands Gymnastics Competition Handbook**, within this pack you will find all the details to participate within our competitions, supported by British Gymnastics.

The aim of this gymnastics competition is to provide an opportunity for competitive recreational gymnasts to compete within a fun and friendly environment.

This competition is a regional level competition aimed at those who otherwise would have few competition opportunities.

Key contacts

Chair	Susannah Watts	eastmidsgfa@gmail.com
Competition Organiser	Jo Shaw	jcshaw.hlfz@gmail.com
Judging Convenor	Position Vacant	-
Committee member	Jo Robb	eastmidsgfa@gmail.com
Committee member	Danielle Humenko	eastmidsgfa@gmail.com
Competition Welfare Officer	Jo Shaw	welfare@withamhillgymnastics.co.uk
Facebook Page	-	https://www.facebook.com/groups/458370661411294/

For ongoing event updates:

Log into your Membership on the British Gymnastics and amend your 'Preference' within the GymNet section.

Follow the Facebook page (click image for direct link to page):



Who can enter?

This competition is for:

Gender	All welcome (see specific event)
Age	6 years plus, born 2018 or earlier Gymnasts must be of age [to enter the appropriate category] in the year of the competition. For example: A gymnast born in 2018 will be eligible to enter the age 6 category however they may still be 5 years old on the day of the competition.
Ability	These competitions are aimed at gymnasts training a maximum of 1 – 6 hours per week (category dependant) within a competitive Gymnastics For All setting.
Team Competition	For 2024 the team competition will be Novice and Intermediate levels only. Each club may enter one team at each level with a maximum of 6 gymnasts per team (4 top scores to count towards the team total). Gymnasts must be aged between 8 and 18 years old (in the year). Individual clubs can select their team members by any method, no qualifier is necessary. Teams can be made up of all boys or all girls but cannot be mixed due to the different routines being performed.
Club, County, Region	Open to all British Gymnastics clubs who are affiliated to East Midlands Gymnastics Association (EMGA). Anyone within the East Midlands region can be affiliated.

General Entry Information:

In fairness to all gymnasts, the coach should decide at what level gymnasts compete.

Gymnasts must compete in the same level on all apparatus.

Gymnasts may only compete one level in each calendar year unless they are moving up a level between the four piece competition and the 2 piece competition in the autumn.

Gymnastics for All (GFA) rules are designed to be inclusive, gymnasts with additional needs may take part within a mainstream category or a disability specific category. If any gymnasts have specific additional needs/support, please make the Competition Organizer aware upon entry.



Gymnasts that have :

- Entered Artistic Floor and Vault competitions are not eligible to enter Regional GFA competitions
- Entered Gymnastics for All Floor and Vault competitions and won a medal must move up a level in the following year
- Entered Gymnastics for All Four Piece competitions and won a medal must move up a level in the following year
- Entered Artistic County or Regional Four Piece Competitions zinc or above or Regional/National Grades and / or Tumbling National 1 at or higher are not eligible to enter Regional GFA competitions
- Competed at Club Grade 6 and 5 can enter as long as they are only doing the hours of training limit and have not entered an artistic competition in the same calendar year
- Been a former Artistic Gymnasts wishing to compete at a lower level may do so, but must not have competed for one full calendar year, and must enter at the Advanced level or higher

Note: With all points, the discretion of the coach’s professional judgement on the level which a gymnast should enter; and they should not advance the gymnast beyond their level or hold the gymnast back for the success of the club.

Apart from the above restrictions, you may enter any gymnasts at any level e.g. a gymnast could enter the Advanced although they have never entered a competition prior. Thus, keeping in mind the physical and psychological factors involved with entering a gymnast at a higher level as their first time.

Maximum training hours

To ensure a fair competition, we have set the following maximum training hours per week:

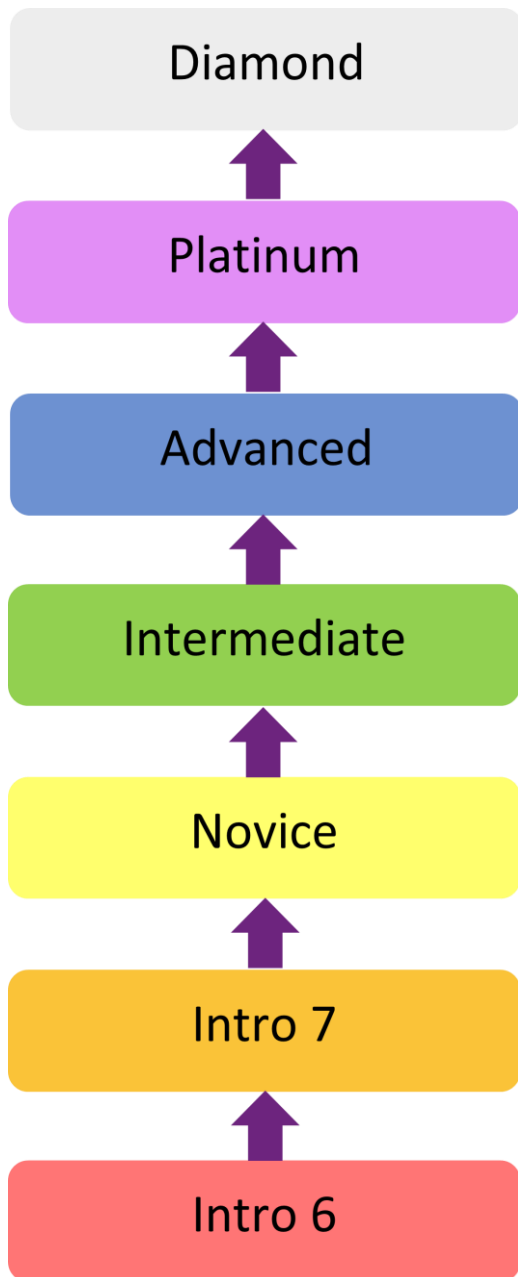
Gender	Intro	Novice	Intermediate	Advanced	Platinum	Diamond
Girls	Four	Four	Four	Six	Six	Six
Boys	Four	Four	Four	Six	Six	

This applies to each individual gymnast and includes all training hours no matter discipline.



Structure and Levels

Competition pathway: The following diagram provides a visual of the Gymnastics for All pathway at East Midlands Regional level for boys and girls. (There is not a Diamond level for boys currently)





Dates, Competition, Level, Venue, Address

2024 competition dates	Competition	Level	Venue, Post code
9 th June 2024	3 Piece Festival (6 & 7 Years) and Novice & Intermediate Teams	Intro (Age 6 & 7 years) Novice/Inter (8+)	Amber Valley Gymnastics Academy Business Park Unit 3 Asher Lane, Ripley DE5 3SW
16 th June 2024	4 Piece Novice and Intermediate	Novice & Intermediate (Age 8+)	Erewash Valley Gymnastics Club Hallam Fields Road Ilkeston Derby DE7 4AZ
7 th July 2024	4 Piece Advanced, Platinum and Diamond	Advanced Platinum Diamond (Age 8+)	Erewash Valley Gymnastics Club Hallam Fields Road Ilkeston Derby DE7 4AZ
Autumn 2024 (tbc)	Floor & Vault Intro Festival Floor & Vault Novice and Intermediate	Intro (Age 6 & 7 years) Novice & Intermediate (Age 8+)	To be confirmed
Autumn 2024 (tbc)	Floor & Vault Advanced, Platinum and Diamond	Advanced Platinum Diamond (Age 8+)	To be confirmed

Programme circulation: The Competition Organiser will aim to circulate the programme within 10 days of the event date, if not earlier.

Please note: These are regional competitions being hosted by EMGA, please see [Find an Event](#) on the British Gymnastics website for further competitions at various levels.



Entry details

Entry costs overview – Clubs, Gymnasts, and Spectators

Cost per competing gymnast:	£12.50 floor and vault £15.00 for 3-piece festival or 4-piece
Cost per competing gymnast in teamed event:	£15.00 per gymnast for 4-piece

Also required as part of entry	Clubs will be asked to provide volunteers on a rotating basis. The competition organiser will inform clubs when it is their turn.
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Cost per spectator:	Adult	Concession and Child (under 14 years)	Infant (under 2 years)
	£5.00	£0.00	£0.00
Spectator fees are paid on the day of the event, on arrival to the venue.			

Please be aware, there is limited seating. Clubs will be informed when the programme is released how many spectators places are available for each gymnast.

Cost for no allocated judge	No judge = No entry (Judge must be available all day)
Cost for no show judge (per judge):	£75.00 (or pro-rata if missing part of day)

Note: See [Judge Requirements](#) section for specific requirements

Any gymnasts, coaches, spectators, or judges requiring additional requirements please state on the entry form.

Entry method and closure date

Entry method:	British Gymnastics online entry system (GymNet) – see specific event for entry system link
Entry opening date:	Estimated 2 calendar months prior to event date (see Find an Event for specifics)
Entry closure date:	Estimated 1 calendar months prior to event date (see Find an Event for specifics)

Notes: The Competition Organiser holds the right to close the entry period early if the maximum entries have been reached.



Payment method

As part of the British Gymnastics online entry system (GymNet), you will be able to pay for your entries.

Please ensure the correct amount is paid upon entry. Without payment, entry **will not** be submitted or counted.

Late entries

Entries received after the entry closure date may incur the following additional administration charge:

Late entry fee:	£18.00 per gymnast
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If you believe your entry will be late, please contact the Competition Organiser to discuss your situation. Each case is taken on individual basis.

Changing of a gymnast involved in the competition

Pre-event entry closure

If a gymnast is unable to attend the event for a specific reason (injury, illness etc.) then you can transfer (change) the gymnast so you maximise the opportunity for your club.

- Not submitted your entry yet? – You can manually amend your entry list on GymNet
- Submitted (paid) for your entry? – You will need to email the Competition Organizer to request a transfer in gymnast, as this must be done manually.

Post event entry closure

Contact the Competition Organiser to discuss your individual situation and the stage of event organisation. It may be too late to alter any preparation that has been completed.

If a transfer is accepted and must be done manually, the Competition Organiser will need the following details of both the old and new gymnasts:

- Full name
- Membership number
- Category – Level and Age

Confirmation of entry

Upon entry and payment of entry; you will receive a confirmation email for your entry.

Confirmation of programme

After the entry closure date, the Competition Organiser will finalise the competition programme/running order and circulate this with all clubs involved.

If you haven't received an email of the competition programme five days prior to the competition start date, please contact the Competition Organiser.



Disability Gymnastics

Adaptations: Disability or Mainstream category?

When deciding with your gymnasts if they wish to enter a competition, you need to discuss if they wish to enter as into a mainstream category or a disability category.

To support gymnasts to integrate into mainstream gymnastics there can be certain adaptations allowed without effecting how the gymnasts are scored/judged. If you would like to discuss any possible adaptations prior to entering this event, please contact the Competition Organiser whereby you can discuss the most suitable option based on the needs of the individual.

Gymnasts will be categorised into impairment groups dependant on the number of entries as you will see in the classification section below.

Entering: Mainstream category

Following the process set in the [Entry method and closure date](#) section, completing the 'Gymnasts details' tab.

Entering: Disability category

Following the process set in the [Entry method and closure date](#) section, completing the 'Gymnasts details – Disability Gymnasts' tab.

Disability Gymnasts: Classification of impairment

As part of your entry form you will be asked to select the most appropriate classification(s) for your disability. This will help the Competition Organiser to organise the most appropriate categories for the competition. The Competition Organiser will use a similar process to create the appropriate categories for this event:

	Are the gymnast's mainstream or disability?	What level are they	Male or Female?	How old are the gymnasts?	What adaptations are required?	How do the previous info fit into the classification of impairments?
Competition Organisers options	Mainstream Disability	Intro, Novice Inter, Advanced Platinum, Diamond	Male Female	6-18 years	Individual basis	Hearing Visual Physical Learning

Notes: If you are unsure of your Classification of Impairment, please contact British Gymnastics for guidance.



Rewards

- All competing gymnasts will receive a participation ribbon or rosette
- Age groups will be bigger in 2024 however we will be awarding Apparatus places as well as All Around Overall places.
- Places 4th, 5th and 6th All Around and on each apparatus will receive a ribbon
- Places 3rd, 2nd and 1st All Around and on each apparatus will receive a medal
- All Around 1st place winner in each age group will also win a trophy.

Additional Competition details

Warm up

The programme will include a general warm up at the start of the competition and also on each apparatus. Timings will be included in the Competition information and sent with the Competition programme. Timings are subject to change at the competition organisers discretion.

Music requirements and licencing – PPL/PRS

Music requirements for this event

Music is required for the following categories of this competition:	<ul style="list-style-type: none"> • Advanced – Girls; Floor routine • Platinum – Girls; Floor routine • Diamond - Girls; Floor routine
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Pre-event music requirements

Music submission date deadline:	Same date as closing date for individual event
Music submission method:	Via Gymnet no later than one week after the competition entry deadline.
Music format:	MP3 / MP4

Please ensure you are aware of the stipulations placed on the event and all clubs wishing to use music, by PPL.

If you wish to use music in your gymnastics environment, you require a PPL/PRS licence. More information can be found: <http://www.ppluk.com/I-Play-Music/Businesses/>

To check your music is permitted for use, the PPL UK website lists online all the music that can be used:

https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx?_afLoop=12521061282463709&_afWindowMode=0&_adf.ctrl-state=27kf5b2cs_4

Event day music requirements

Please ensure you bring a copy of your music on the day as a backup, ideally within the following formats:

- USB (for laptop)
- Fully charged portable device e.g. MP3 player/iPhone etc.

Please note that although very-low risk, any damages are your own responsibility and not the host or the Competition Organisers.

The host venue will also be abiding by the PPL/PRS licencing laws. Therefore, their maybe background music being played to help create a calming atmosphere. This will be the competition organiser/venue representatives' discretion.

British Gymnastics guidance on PPL/PRS

Within the above information there is some guidance/useful links taken from the British Gymnastics website. For full details please go to <https://www.british-gymnastics.org/clubs/club-membership/music-licensing-ppl-prs>

Floor – Restarting

Where music has disturbed the gymnast due to a malfunction or incorrect use of, the music can be stopped/faded out and the gymnast come to safe stop. After which they can restart their routine from the beginning.

Although preferred not to for event time management (e.g. the more times it happens the later the event will finish), this is a General Gymnastics competition and the focus is the gymnasts.

Judging

There will be at least two judges on an apparatus panel, where possible to ensure the flow and fairness of the event is maintained. The Judging Convenor will appropriately place the judges in-line with their qualification and experience.

Appealing a judge's decision

Any appeals of a judge's Difficulty Value (DV) score decision need to be given to a Committee Member / Competition Organiser and must be submitted prior to the end of the competition. Appeals must be submitted by the gymnast' coach only.

This is a friendly, low-pressure, fun competition and we want to create a fair environment. We will strive to provide everyone with the best service possible.

Video evidence will not be accepted on any grounds. Constructive feedback can be passed to the committee via the appropriate Competition Organisers within one-week post event.



Judge, Coach, Gymnast requirements

Role/ Requirement	Judge	Coach	Gymnast
Requirements per club entry	1 – 10 gymnasts = 1 judge, must be Club or Floor & Vault Level (minimum)	A British Gymnastics Level 2 (and above) coach can take a team of gymnasts into the competition area (minimum requirement).	For everyone's safety, all gymnasts must be suitably experienced to perform their chosen skills and routines and must have completed the skill in their own coaching environment to a point of competency.
	11 – 20 gymnasts = 2 judges, 1 can be an Intro Judge No judge = no entry No show judge = £75.00 fee	Level 1 coaches can support the lead coach(s). Advanced and above competitions must have a minimum BG Level 3 qualified for specific skills – see Rules sheets for further details.	
Only those listed on the entry form will be allowed within the competition area.			
British Gymnastics ratios	N/a	1 coach: 8 gymnasts	
Qualifications	Clubs must supply a minimum of a Floor and Vault or Club level judge in any of the following disciplines; Men's Artistic, Women's Artistic, TeamGym or Tumbling An Intro Level judge will be accepted as a second judge if the club is entering 11 or more gymnasts	Appropriate British Gymnastics qualifications must be held to deliver the selected skills. All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.	All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.
		<u>Floor and Vault competitions:</u> The lead coach must be qualified one of the following: MAG, WAG, GG Supporting coaches can be qualified in one of the following: MAG, WAG, GG, TG, TUM	
		<u>Four Piece Competitions:</u> The lead coach must be qualified one of the following: MAG, WAG, GG Lead coaches must be specifically qualified to the apparatus which is being performed on e.g. MAG L2 for Boys Four Piece Supporting coaches can be qualified in one of the following: MAG, WAG, GG, TG, TUM	



DBS	Yes	Yes	No
Safeguarding training	Ideally	Yes	No
Experience and abilities	Some judging experience within club and/or county events.	Experience with delivering/supporting all skills which gymnasts are performing.	Gymnasts must be at a point of competency (within their own environment) to perform their chosen skills and routines. For example; it can't be the first time they have completed the skill.
Membership	BG Bronze judge membership British Gymnastics guidance	Supervising coach = BG Gold, Joint Gold, or Life Member Assisting coach = BG Silver (if level 1), BG Gold, Joint Gold, or Life Member Volunteer = No membership required but must always be accompanied by a named coach British Gymnastics guidance	BG Bronze gymnast membership British Gymnastics guidance
Attire	Ideally = FIG standards – Navy trousers/skirt, white shirt. Allowed = Black trousers/skirt, white shirt.	Suitably recognisable by all. Appropriate to spot/support gymnasts during practice and performance. Following BG Education guidance.	Clothing = Tight fitting shorts, T-shirt, Leotard, Leggings, Leotards preferred if not shorts, matching gymnastic shorts may be worn but not cycling shorts. Hair = Neat and tidy, tied back from the face. Feet = Bare or gym shoes Judges must be able to see clearly the angles of the body for accurate scoring. This is also a safety issue if any supporting is required by a coach. Staying warm = Additional suitable clothing on top during rest periods



<p>Payment arrangements</p>	<p>Judges linked/representing a club participating within the competition = Expenses to be claimed from the linked club they are representing.</p> <p>Judges not linked/representing a club participating within the competition = Travel expenses can be claimed from the Competition Organiser.</p> <p>Judges must initially be registered as a 'Supplier' with British Gymnastics – Form can be found on the BG website section – Clubs > Volunteers > Document downloads</p> <p>Judges can then claim by completing and returning the Volunteer Expenses claim form to the Competition Organiser – Found on the BG website section – Clubs > Volunteers > Document downloads</p> <p>10 working days to claim.</p>	<p>It's not the host clubs' responsibility to financially support the coaches to attend this event.</p>	<p>N/a</p>
<p>Transport arrangements</p>	<p>Judges are required to organise their own method of transport to and from the competition at the appropriate times.</p>	<p>Clubs and coaches are responsible for organising appropriate transport to and from the event.</p> <p>British Gymnastics guidance</p>	
<p>Jewellery and body adornments</p>	<p>Please set a precedent for coaches, gymnasts and spectators of professionalism.</p>	<p>British Gymnastics has a strict no jewellery policy during training or performance. Please ensure all piercings and body adornments are removed prior to the competition.</p> <p>British Gymnastics guidelines</p>	

Additional requirements	If any anyone has any additional requirements to support their time during the event e.g., they have a disability that requires additional support or consideration by the Competition Organiser. Please add this into your competition entry.
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If requirements are not upheld, then the Competition Organiser has the right to withdraw your (and possibly your clubs') right to step into the competition area.

If your club is unable to find a judge (or doesn't have one) please don't worry. Contact the British Gymnastics Competition Coordinator to discuss your options and how you can gain/train a judge.

Volunteers

Any person on the competition floor, including waiting and warm up areas, must be listed on the entry form and must be DBS checked.

Volunteers are not coaches' and therefore not allowed to 'coach'.

If your club is selected to provide volunteers for a competition they do not need to be DBS checked as long so they are not in contact with the gymnasts. An example of this would be if they are manning the door and taking entry fees.

Facilities on-site

Spectator area and disabled access

New College, Erewash Valley and Witham Hill sites have disability access. If you require any specific access, please contact the Competition Organiser.

New College, Amber Valley and Erewash Valley sites have plenty of seating for our events. Witham Hill currently has seating for approximately 120. Seating is made from plastic materials, if you require a softer seat please bring suitable padding.

Food and drink

Catering facilities can differ depending on the site and the time of the competition, please check with the competition organiser prior to the competition.

Toilet and changing facilities

All venues have baby changing facilities and plenty of toilets.

On-site entertainment

None of our venues have any on-site entertainment facilities apart from the sport of gymnastics. If you have small children, you may wish to bring something to keep them entertained.

We can't take responsibility for any losses or damages to personal property.



Car parking

All venues have plenty of free parking on and around the site. If car parks are full and you are parking on public roads please be careful not to block access to other local businesses.

First aid and welfare

The following provision will be available during this event:

- Trained First aider
- Trained Welfare Officer

It would be most helpful if the supporting coach from each club is First aid trained (or more) particularly to support their own gymnasts, however this isn't essential.

Etiquette

While competitions can become competitive, please ensure you support every gymnast, coach and parent/guardian involved. Everyone has been involved at some point and every competition/event is a celebration of those efforts.

It is important that the access to the 'Officials area' (judges, scoring, music etc.) is restricted to authorised personnel only.

The Competition Organiser has the right to withdraw any entry/entries where appropriate etiquette and professionalism isn't upheld before, during and after the event. This therefore could affect future attendance at events and become a welfare issue.

Photography

It is your responsibility as the coach in charge of your entered team/club to be aware, and have records, of anyone that can/can't have their photo/video taken for media purposes. If you have anyone that can't, please ensure the Competition Organiser is aware prior to the date of the event so they can inform the appropriate persons so that any photography/video of them is avoided. **This can be done via emailing the Competition Organiser upon entry.**

The following information is taken from the British Gymnastics policies and must be passed onto those who will be representing your club at this event, including spectators. At various points throughout the day the hosting club will also announce this information:

In the interests of child protection, photographs and video may only be taken during today's event in accordance with conditions set by British Gymnastics. Summaries of these conditions are on display and you can see a copy of the full conditions at **the reception desk**. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites.

Some photos may be published by Clubs, but this may only be done in accordance with the British Gymnastics Child Protection Policy.

DE Photos may be on-site during Regional GFA events to help capture each gymnasts' special moments.

If you have any concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to **Welfare Officer/Competition Organiser**. In the interests of child protection please do let us know of anything that may be damaging to the welfare of a child.

The **use of flash or supplementary lighting is not permitted** while gymnasts are warming up or competing. Please make sure that the flash is turned off on any device being used as your camera.

The **use of live streaming is not permitted** during any part of this event.

When 'posting' images on personal social media please ensure the following to reduce the risk of publication of the image (this isn't the full list but key from the policy):

- **Personal details are kept to a minimum** – Use of their first name only etc.
- **Suitable, sensible, and appropriate image taking/selection** – Avoid such skills as splits and sensitive areas on the body
- **Blur anyone else out of the image** – Use technology to blur others out the image (if you can't, don't take/post the image)

If the Competition Organiser/Welfare Officer suspects inappropriate photography or filming, the Officer/Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/or delete any images relating to the event.

For full details please see the British Gymnastics policies:

- **British Gymnastics Photography Regulation** – <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>
- **British Gymnastics Safeguarding Children: Safe environment Policy** – <https://www.british-gymnastics.org/documents/departments/membership/ethics-and-welfare/safeguarding-and-protecting-children/7769-safeguarding-children-safe-environment-06-2016/file>

Complaints and grievances

If you have a complaint or grievance regarding any happenings about or at this event, please ensure you send in your details to the Chairman's or Competition Organiser's email within five working days of the event date.

If there is a problem on the day of the competition, the competition will go ahead as programmed, and the problem will be addressed later after the competition with the parties concerned.



The parties with the grievance will meet the committee to see if an amicable decision can be made for the good of all parties and Gymnastics for All Committee.

It will then go to a committee vote.

If no agreement can be made the Chairman will make the final and binding decision.

Health and safety

Overview

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

The intention of the event is to create a friendly and no-stress/low-pressure environment for all those involved, while allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, no matter their age, is a priority in the event set up, programme design, and risk assessment, using the guidance set out by British Gymnastics in its Safe Coaching Practice document – <https://www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/8851-h-s-guidance-safe-coaching-1/file>

Risk assessments

Risk assessments have been carried out for this event but if you feel there is something/one that may require additional assessment please contact the Competition Organiser ASAP with specific details.

While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g. travelling to and from the event etc.

Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual gymnasts, including such items:

- Clothing not being revealing/embarrassing for males, females, and transgender gymnasts/coaches/judges.
- Age of gymnasts when changing, socializing etc.

The British Gymnastics Health, Safety and Welfare policy has guidance on such areas and there are a few videos/courses which may help you also:

Resource Title	Type	Link
British Gymnastics Health, Safety and Welfare policy link	Policy	Link
Risk assessment training for clubs	British Gymnastics eLearning course	Link
GDPR Data Security	British Gymnastics eLearning course	Link



GDPR Implementation	British Gymnastics eLearning course	Link
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Allergies

As part of the safety for everyone, please ensure you pass on the message to all your coaches, gymnasts, judges, and parents/spectators that any food being brought to the event should be **nut free** and keep in mind any other potential allergies that could be affected by food being brought.

Emergencies

As part of event, everyone attending must adhere to the emergency procedures and follow the professional guidance of the Competition Organiser and members of staff from the venue. Below is a brief guide of the venue emergency procedures.

At all venues

Coaches must remain in charge of their gymnasts, leading them out the nearest fire exit and to the appropriate meeting point (see signage in venue).

Spectators will leave via the nearest emergency exits in an event of an emergency.

Judges are to support the coaches in leaving the venue with their gymnasts but to report to the head judge once at the appropriate meeting point.

At New College (specifically)

In the event of the emergency alarms sounding please evacuate via one of the following routes:

- Spectators – Use the emergency exits at either side of the seating
- Gymnasts, coaching, and managers – Use either of the three emergency exits in the main hall
- Café – Follow the emergency exit signage to the South Entrance car park emergency exit route

Meeting point is in the South Entrance car park.

At Erewash Valley (specifically)

In the event of the emergency alarms sounding please evacuate via one of the following routes:

- These will be highlighted on the day during a safety briefing

The meeting point is within the car park (side of building)

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

At Witham Hill (specifically)

In the event of the emergency alarms sounding:

Spectators on the balcony evacuate to the left and down the fire escape

Spectator in the gym evacuate via the double doors entrance

Gymnasts evacuate through the fire door leading directly to the car park

The meeting point is the car park at the side of building

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

Terms and conditions

By entering this event your club is agreeing to the rules, regulations, and standards within this handbook.

Failure to comply may see your club being excluded from the event without refund.

Gymnastics for All Committee

The Gymnastics For All committee are dedicated to providing a good competitive experience for those gymnasts in the region that want to compete but are not able or wanting to train the additional hours required to be competitive at the Artistic level. We are volunteers and running the competitions are already taking up many hours of our time.

We are currently looking for a Judging Convenor to join our committee and would also welcome volunteers that would like to help on competition days or would be prepared to take on additional competitions in the region. If this sounds like you please contact Susannah (Chairman) or Jo (Competition Organiser)