

British  
Gymnastics

# CLUB MEMBERSHIP

## *Club Membership*

### 2019/20



# Hello

# WELCOME

**Thank you for registering with British Gymnastics. As a registered club, you have exclusive access to support, guidance and a range of products and services designed by experts in our sport, to help you deliver the best gymnastics experience for your participants.**

We are committed to ensuring that everyone enjoys gymnastics in a safe and rewarding environment, and we offer specialised training opportunities to everyone who works in our registered clubs.

In this booklet you will find information about all of the areas that we operate in and the benefits you receive as one of our members. We have also included updates on new products and projects set to happen over this membership year as well as a range of features that we hope you will find useful.

You are at the heart of our sport and you help to grow and develop our community.

We are here to make sure you can continue doing what you love and give your gymnasts great opportunities and fantastic experiences.

If you have any questions, or need any guidance, we will always have someone here to help.



A handwritten signature in white ink that reads "Jane Allen".

**Jane Allen**  
CEO

“

YOU ARE AT THE  
HEART OF OUR  
SPORT AND YOU  
HELP TO GROW  
AND DEVELOP  
OUR COMMUNITY”

”

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# CUSTOMER SUPPORT

We're here to help



Whenever you have a query, the best place to start is by contacting our Customer Support team.

Our team are always happy to help and are here to make sure you get the answers you need.

The Customer Support team is available to contact Monday to Thursday, from 9am to 7.30pm and until 7pm on Fridays, as well as 9am to 1pm on Saturdays.



[customersupport@british-gymnastics.org](mailto:customersupport@british-gymnastics.org)



Website LIVE chat: [british-gymnastics.org](https://www.british-gymnastics.org)



0345 129 7129



CALL THE CLUB LINE  
**0345 515 0680**

## OUR NEW CLUB LINE

We are always looking into ways to improve our responsiveness to requests and queries. Acting on feedback from our community, we are pleased to announce that we have introduced a dedicated phone line for clubs!

Our new and exclusive Club Line has been brought in to help deal with requests from our registered clubs quicker and more efficiently.

### These requests could range from:

- How to complete the club registration process
- How to access business support
- Guidance on insurance cover and how to deal with a claim
- Information on coach education and the qualifications available
- Guidance on safeguarding
- How to check and complete event entries

If you have an individual query, please call the main Customer Support number. If you have a query that relates to the club that you work for, please call the Club Line and you will be put through to an advisor who will be able to support you.

# PARTICIPATION

## Our Recreational Programme

**In 2018, we asked our community which British Gymnastics recreational programmes they felt were important, how they are used and what could be improved. As a result of your feedback, we are now in the process of reviewing these programmes:**

- **Proficiency Award Schemes**
- **Key Step Competitions**
- **FUNdamentals**

Over the last 12 months we have been doing some research and, to develop our ideas further, we will be testing some new approaches with a variety of different members and partners towards the end of 2019. Don't worry, we will continue to recognise and fulfil all current existing products, including Proficiency Award Schemes, Key Step and FUNdamentals and all things related until further notice. These will remain in place and we will ensure we provide plenty of notice to everyone involved should this change.

Recreational gymnasts are at the heart of our planning and decision making and we need to make sure that any changes are beneficial to them and to you. If the testing and pilot work proves successful, we will update you with further details.

### **Award Scheme Coach update:**

Due to the review of our Proficiency Awards, the course linked to this programme, the Award Scheme Coach course for those 14 years-old and above, is also being reviewed.

Our aim is to broaden the course to look at the role and responsibility of a proficiency coach, as well as basic gymnastics skills, providing a thorough introduction to coaching recreational gymnastics. We will keep you posted on all new developments!



# EDUCATION

# Activity Instructor

Our Activity Instructor course was developed specifically for leisure centres who work in partnership with us. The initial purpose of the course was to train instructors to deliver gymnastics-based physical activity, using our Proficiency Schemes.

Within the structured environment of a leisure centre, Duty Managers handle all the legislative requirements, such as risk assessments, and the course has been successful in training instructors effectively in this sector, giving them confidence to deliver.

**Our club community told us that it would be a benefit to clubs if the course was now made accessible to everyone and suitable for use across all British Gymnastics recognised environments. So, after listening to this feedback, a review and update of the course is now underway.**

## THE COURSE

The Activity Instructor is a four-day course, with on-course assessment, to train instructors to provide fun, engaging, interactive activity sessions to participants. It is aimed at anyone who is aged 18 years-old or above and who, on completing the on-course assessment, will be able to deliver independently or assist qualified coaches in clubs, schools and leisure centres up to the skill level within the Activity Instructor syllabus.

This course will suit helpers with no prior gymnastics experience who want to assist their club with fun warmups, cool downs and beginner classes. It will also suit clubs who want to offer sessions in schools or leisure centres. The most difficult skill in the syllabus is a handstand forward roll on floor and squat through/straddle over on vault.

If a certified Activity Instructor decided to become a coach, they will start their coaching journey at UKCC Level 1 in their chosen discipline.



**We are excited to announce that the Activity Instructor course will be available for clubs in Summer 2020 and, as part of this, we will also be recruiting tutors to deliver this new course.**

**We will keep you informed of our progress and hope this new addition will be a great benefit to our registered clubs.**

# Dr course for clubs



# INSURANCE

# You're covered

**As a British Gymnastics registered club, you have access to our Insurance Centre; a website where you can find all the information you need regarding your insurance.**

Providing you with details about insurance cover for both your club and your members, this is a one-stop-shop for all of your queries and questions.

#### **What you can access:**

- Details about your Legal Liability insurance
- Details about Employers' Liability insurance
- Details about Management Liability insurance
- Legal Expenses insurance

You can also access a full page dedicated to the questions you want answering, including what activities are covered, details on non-members and their insurance and information about insurance when hosting parties at your club.

#### **\*What is RIDDOR?**

RIDDOR is the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations. It is a UK Health and Safety legislation that applies to all employers and requires them to correctly report and keep record of certain injuries and incidents that happen in their working environment.

#### **Helpful tips**

If there's an accident at your club, here are a few steps to follow regarding your insurance and best practice.

#### **Step 1**

##### **Fill out a club accident form**

It's important to note down what happened while it's fresh in your memory. Note down the time, date, who was there and where they were standing.

#### **Step 2**

##### **Fill out an accident report form on GymNET**

Login to GymNET, go to Club Management and click Incident Report before filling in all of the relevant details.

#### **Step 3**

##### **Consider if it is RIDDOR\* reportable**

If you're not sure, visit [hse.gov.uk/riddor](https://www.hse.gov.uk/riddor) for more details. Here, you can find a list of reportable incidents, and find out how to make a RIDDOR report.

#### **Step 4**

##### **Take pictures and speak to coaches**

If the accident is more than a minor injury, consider taking photos of equipment and the set up of your gym, before speaking to the coaches that were there to get their account of the incident.

# LEGAL COVER

With



## All of our registered clubs have free access to professional legal advice from our partner, DAS Law.

DAS Law operate a free 24-hour telephone advice line and their advisors can offer guidance on a number of employment and commercial law topics including:

- Contract of employment
- Disciplinary proceedings
- Recruitment
- Employment terms
- Data protection
- Employee rights
- Commercial liability
- Consumer law
- Landlord and tenant responsibility

More topics can be found in their Employment Manual which you can access at:

 [bg-insurance.org/for-clubs](https://www.bg-insurance.org/for-clubs)

## FAQs

### Who is the DAS Service available to?

This service is for all registered clubs and for those responsible for specific legal matters affecting the club.

### When should I seek advice from DAS Law?

You should contact them as soon as an issue becomes apparent and then keep them updated until it is resolved.

### Does it cost anything to use this service?

The telephone legal advice service is free as part of your membership and you can contact DAS as many times as you require. Services such as reviewing documentation or policies are chargeable and would need to be discussed with DAS individually.

## Contact DAS LAW

 **0117 933 0617**

## Personal counselling helpline

DAS Law also operate a free 24-7 counselling helpline for all members over 18. Any information shared will remain strictly confidential between DAS Law and the member.

 **0117 934 2121**

# agility Club View

**As a British Gymnastics registered club, you can access expert Health and Safety support from our partner, Agility Risk & Compliance Ltd (Agility).**

Managing Director of Cheshire Gymnastics Club (pictured below) Mark Hudson explains how they have benefited from using Agility's services.

#### **How did you hear about Agility?**

"We attended one of the free risk assessment training workshops organised by British Gymnastics which helped us to understand the full scope of our responsibilities. It was here where we also found out more about Agility's services."

#### **Did you use the dedicated telephone line?**

"Yes, we used the Health and Safety helpline and the quick email service to get advice on individual aspects of safety."

#### **How did Agility assist you through the last membership year?**

"Agility have helped us with a number of things including our risk assessment reviews on the general gym and office areas. They also helped us with our facility check which included looking at our gas heating and electrical system compliance, legionellae assessments and our fire evacuation procedure."

#### **How do you think you have benefited from using Agility?**

"Agility have helped us to review our own hazards both within the gym and the wider facility. We determined the level of risk associated with these hazards and then focused on the management of them."

"We have improved the Health and Safety arrangements in our club and, as a result of implementing our action plan, we have reduced the likelihood of accidents. This has also improved our workforce morale and our safety awareness."

#### **Why would you recommend Agility?**

"Unlike other consultancies that don't have the knowledge about what it's like to operate in a gymnastics environment, we found that Agility has significant experience in this area, and they focused very quickly on the areas that needed attention. They helped us to produce a list of actions in a prioritised format that could be done by our team. It was great to have an independent and unbiased view of what needed to be done whilst knowing that all areas would be covered and nothing important would be missed."

"Their ready-made templates and industry wide knowledge helped immensely to complete a full review within two days. We completed a set of risk assessments, an action plan and a report to ensure full compliance at our club."

"We sleep a lot easier now this is complete, and we monitor this on a regular basis."



# HEALTH AND SAFETY

## Got a question on Health & Safety?

**Agility's British Gymnastics dedicated helpline: 01527 571 612**

Using our dedicated helpline, we can offer you advice and guidance in response to any queries you may have around this area. Any additional support can be sought from the dedicated team at Agility, but you may be charged separately.

This line is open Monday to Friday from 8.30am – 5pm. There is an after hours' service via a mobile number provided at the time of calling.

Alternatively, you can email your query to: **bg.hs.advice@agilityrac.com**

## FAQs

### What is the minimum and maximum temperature for the gym?

Health and Safety legislation does not enforce a specific maximum temperature within your club. The minimum temperature is 13°C when a physical activity is taking place.

However, during periods of hot and cold weather you must adopt a risk-based approach when deciding whether training should be stopped or modified.

**Please note:** When completing a risk assessment, it is best you complete it with the use of a digital thermometer e.g. a Thermo-Hygrometer which displays the current temperature.

### Why do I need to carry out a risk assessment?

A risk assessment is a careful examination of anything in your club.

It is a legal requirement to complete risk assessments under the Management of Health and Safety at Work Regulations 1999.

If you have five or more employees, you must document your risk assessments.

You must carry out a risk assessment to identify the hazards in your workplace. It is important to look at what steps you can take to reduce the level of risk to a 'reasonably practicable level'

### How often should I complete equipment checks?

As an employer you are legally required to ensure a good healthy and safe standard is maintained on your equipment. A visual pre-start check should be completed every morning by an experienced coach to ensure there is no damages or defects to the equipment.

On a weekly basis you should complete a documented visual check on all of your gymnastics equipment, including those that are fixed and adjustable. This should be completed by your coaches and should highlight any defects or issues with the equipment. If a defect is identified it should be determined immediately what course of action is required.

### Who should be responsible for fire safety at my club?

As a business owner you have certain legal responsibilities. This includes conducting regular fire risk assessments, having an up-to-date emergency plan and fire alarm testing. Current legislation requires someone in the business to take on the role of the 'responsible person'. As the employer, this is usually you. However, if you lease a building the "responsible person" may well be the landlord.

It is important to check your hire agreement and lease to see who is responsible. If you are in doubt, please contact Agility, who can help you find the solution.

 [agilityrac.com](https://www.agilityrac.com)

 **01527 571 612**



**FIRST AID MEDICAL SUPPLIERS TO BRITISH GYMNASTICS**

**Physique Management are happy to announce  
a new partnership with British Gymnastics!**

Our products and services are aimed to keep active people in top condition. Providing injury prevention solutions and for those unavoidable injuries, our sports healthcare range may enable faster recovery, helping you to get back to action.

With this exciting new partnership, you can get 10% OFF\* at **PhysiQue.co.uk**

Simply use the code BG10 at the checkout.



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*“Excellent”*  
★ Trustpilot



# Who We are

# BUSINESS SUPPORT PARTNERS

## Who are the Business Support Partners?

We are a team of experts who are here to support registered clubs, working with club owners and managers, to develop skills and knowledge in a range of areas including:

- People Management and HR
- Governance and Compliance
- Finance
- Health and Safety
- Club Operations

## How can I access support from the Business Support Partners?

You can access the team through our face-to-face workshop events, or by calling or emailing us.

## What resources can I access around business support?

We have a range of practical resources available to you. These include; guidance and templated documents, such as contracts or policies, structured webinars and podcasts.

All our resources can be accessed through the website or via the Resources Centre in GymNET.

Additionally, we have a series of e-learning courses, that you can access at any time, through the Academy.

## How will this benefit me?

All our resources, as well as our face-to-face workshops and conferences, are designed to offer you opportunities to develop new skills and gain more knowledge about business subjects and concepts; learning about new and more effective ways to accomplish your business goals and develop the management and growth of your club.

Our events also provide the chance to network with like-minded club owners and managers, gaining knowledge from meaningful conversations about personal and business growth.

## FIND A CLUB ROLE COURSE

 [british-gymnastics.org/courses](https://british-gymnastics.org/courses)

If there is an area of business support that you would like to learn more about, please get in touch with us.

## Contact us:

 [business-support@british-gymnastics.org](mailto:business-support@british-gymnastics.org)

 0345 129 7129



# MEMBERSHIP

# Make the most of

Here's a breakdown of what is included in your membership, what you can access and where to find information.

## APPRENTICESHIP PROGRAMME

Access to our bespoke Apprenticeship Programme, designed to help you increase your delivery capacity by upskilling an apprentice to become part of your workforce.

## BUSINESS SUPPORT

Guidance from our team of Business Support Partners who can help develop your skills and knowledge around Club Operations through workshops, conferences and a range of e-learning, covering everything from People Management and HR, to Governance and Compliance.

To find out more about our Apprenticeship Programme, and for business support, contact:

 [business-support@british-gymnastics.org](mailto:business-support@british-gymnastics.org)

## CLUB LINE & CUSTOMER SUPPORT

Quick and exclusive support through our new dedicated Club Line service, and access to a team of customer support advisors who are here to answer your general queries and put you in touch with our wider team of experts.

 [customersupport@british-gymnastics.org](mailto:customersupport@british-gymnastics.org)

 Website LIVE chat: [british-gymnastics.org](https://www.british-gymnastics.org)

 0345 129 7129

 Club Line: 0345 515 0680



## COACH EDUCATION COURSES

Access to hundreds of specialised coaching, judging and club role courses as well as continuous professional development opportunities and insightful symposiums from a network of experienced coaches.

 [british-gymnastics.org/find-a-course](https://www.british-gymnastics.org/find-a-course)

## COMMUNITY VOICE

A platform to have your say on topics that matter to you and play a part in the future direction of our sport.

Sign-up at:  
 [community.british-gymnastics.org](https://community.british-gymnastics.org)

## COMPETITIONS & FESTIVALS

Access to competitions that are part of the British Gymnastics National Development Plan structure, events that are part of our national festivals programme plus information about grass roots opportunities.

 [british-gymnastics.org/find-an-event](https://www.british-gymnastics.org/find-an-event)

## COMPREHENSIVE INSURANCE

Cover for personal, managerial and legal liability and provision of personal accident insurance when delivering and taking part in gymnastics.

 [bg-insurance.org](https://www.bg-insurance.org)

## DISCOVER GYMNASTICS

A listing on our Discover Gymnastics club finder website, helping new gymnasts find you.

 [british-gymnastics.org/discover](https://www.british-gymnastics.org/discover)

# your membership

British  
Gymnastics

PULL OUT AND KEEP

## FACILITY DEVELOPMENT SUPPORT

Guidance from our facilities team on finding a new dedicated space and accessing financial support.

 [participation@british-gymnastics.org](mailto:participation@british-gymnastics.org)

## HEALTH & SAFETY SUPPORT

Expert advice from our Health and Safety partner, Agility as well as information and guidance available through our Health and Safety Management System.

 **Contact our dedicated Health and Safety helpline: 01527 571 612**

## LEADERSHIP ACADEMY

A programme for young people to develop leadership skills in a gymnastics environment and learn about the different career opportunities in our sport.

 [volunteering@british-gymnastics.org](mailto:volunteering@british-gymnastics.org)

## LEGAL ADVICE

24-hour support and access to legal advice from our partner, DAS Law on topics such as employment contracts, employee rights and landlord and tenant responsibility.

 **Contact DAS Law: 0117 933 0617**

## OFFERS

Access to great offers on exclusive British Gymnastics products via our Official Shop as well as group ticket bookings for our major events.

Members can also use the discount code: **BGMEMBER** on any tickets for our British Championships.

## SAFEGUARDING SUPPORT

Access to information and training opportunities to upskill those working with gymnastics participants, as well as support from a network of Regional Welfare Officers and our in-house Safeguarding, and Complaints and Disciplinary teams.

 [safeguarding@british-gymnastics.org](mailto:safeguarding@british-gymnastics.org)

## DID YOU KNOW

You can find more information on courses and competitions, business support and membership benefits, plus news from your region on our regional Facebook pages.

Search '**British Gymnastics**' followed by your region.



# BUSINESS SUPPORT PARTNERS

## What we deliver

### **Current face-to-face delivery**

Here is some information on the events that we currently have scheduled:

#### **CLUB CONFERENCES**

Our conferences are aimed at Club Managers, Officers and Head Coaches and cover Good Governance, Legal Compliance, Human Resources and Health and Safety.

These events are also a great opportunity to network with other clubs, meet our team of Business Support Partners and other British Gymnastics staff, and find out how we may be able to help you.

#### **CLUB EXPERIENCE AND INCLUSION DAY**

The Club Experience and Inclusion Day is an opportunity to understand how you can give your club members the best gymnastics experience in an inclusive environment. The first part of the day is about listening and responding to the needs of people; members and prospective members, and how to consistently deliver a great club experience. In the second part of the day, we will provide you with a range of theoretical and practical activities to help create an inclusive gymnastics programme at your club.

#### **RISK ASSESSMENT TRAINING**

This course is designed to give club staff the skills to assess hazards and risks within their club environment. The training will cover why risk assessments are necessary, the legal requirements relating to risk assessments and the simple processes required for carrying out a risk assessment.

#### **FIRE MARSHAL TRAINING**

Aimed at gymnastics club members who are appointed as fire marshals within a gymnastics environment, this course enables individuals to fulfil their duties effectively, while protecting club members.

#### **MANUAL HANDLING**

This course introduces you to the hazards and risks involved in manual handling in a gymnastics environment and outlines what to expect from a manual handling risk assessment.

**We're always looking at how we can best respond to the needs of our clubs and using the insight gained from our club community, we will continue to do this to shape what we can offer.**



# POW! ACADEMY

## Club View

**Since the launch of the POW! Academy in 2018, over 80 clubs have enjoyed integrating the initiative into their gymnastics delivery.**

Spectrum Gymnastics Academy in Surrey (pictured below) have been using the POW! Academy as part of their summer courses and holiday camps this year.

We caught up with the Club's founders, Sarah Hills and Emma Young to understand how they've been using the programme.

### **Why have you been using the POW! Academy?**

"The POW! Academy is a great way of empowering gymnasts to show off what they can do.

"We think it's a great way to introduce our gymnasts to new skills and learn about how to link them together and have fun.

"The children who have been coming to our camps have gone away with a badge and a certificate, with their routine on the back, to show to their parents. It's a great way to show them what they have been working on and, for our gymnasts, it gives them all a sense of achievement."

### **What do you particularly like about the programme?**

"What's good is that it's aimed at both boys and girls and it encourages them to work together and have fun.

"The programme engages well with our younger, non-competitive gymnasts, aged 5 - 11 years-olds, but sometimes our younger squad members enjoy taking part in the POW sessions too."

### **How do you think your gymnasts have benefited from the programme?**

"Our gymnasts have definitely improved their social skills. They've enjoyed working as a team, it's brought them out of themselves and it has allowed them to make new friends."

If you would like to integrate the POW! Academy into your club, find out more by visiting

 [british-gymnastics.org/powacademy](https://british-gymnastics.org/powacademy)



### **What is the POW! Academy?**

The POW! Academy is an initiative that challenges predominantly Primary school aged gymnasts to learn about core gymnastics skills and how to link them into creative sequences. Developed in partnership with the Cartoon Network, and featuring The Powerpuff Girls, this programme encourages young gymnasts to have fun whilst learning skills and picking up rewards.



# INTEGRITY

## How we can help your club

**We are committed to keeping our amazing sport safe and fair. Our Integrity Unit works with clubs, members and partners to ensure all who participate in gymnastics have a safe, fun and positive experience and that all our competitions and events are fair.**

### **Safeguarding advice and support**

We work to ensure that everyone in British Gymnastics clubs, whether they are coaches, officials, employees or volunteers, understand their responsibility for the processes that keep gymnastics safe and fair.

We provide a direct safeguarding service for clubs and members, a criminal record checking service and training for every British Gymnastics member working with children, young persons or adults at risk, who meet the eligibility criteria.

We also provide specific training events and support for club welfare officers and have developed guidance on social media, photography, travel and other activities - all published on the safeguarding area of our website.

### **Health & Safety support**

Our Health & Safety Management System for clubs provides information, guides and templates to help you ensure that your club is safe and that you comply with Health and Safety legislation. We provide a free-to-use Health and Safety hotline for clubs and we can help you with risk assessments and incident reporting.

### **Conduct and concerns**

We advise and act on breaches of our rules or our standards of conduct. We can also advise you on how to deal with any concerns about behaviour or breaches of club rules.

### **Equality, diversity and data protection**

We publish guidance and provide online training to help you ensure your club is inclusive and welcoming to everyone and that you protect their privacy and personal information. These resources can help you ensure you comply with legislation such as the Equality Act and GDPR as well as British Gymnastics' policies on inclusion, equality and privacy.

### **Answering your questions**

Whether you receive a query from a parent of one of your gymnasts, have a Health and Safety question or need to find out about GDPR or training for your staff, we can help.

 [british-gymnastics.org/safeguarding](https://british-gymnastics.org/safeguarding)

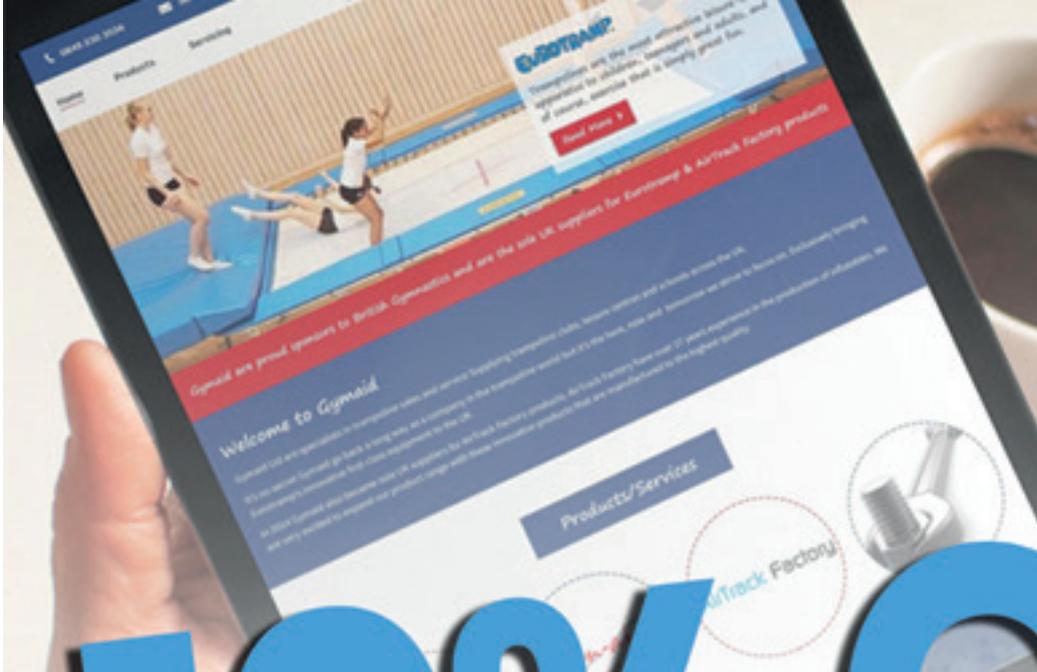
Get in touch with the Integrity Unit by calling Customer Support:

 **0345 129 7129**

You can also raise safeguarding enquiries through the 'contact us' section of our website or by emailing:

 [safeguarding@british-gymnastics.org](mailto:safeguarding@british-gymnastics.org)

Code valid until  
the end of  
February  
2020



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# FACILITIES

## Increasing your gymnastics space

**We know how important it is to be able to grow. Over this next membership year, we will be exploring how we can help you access finance to develop your existing and new facilities.**

Our dedicated facilities team are here to support you with guidance and advice on facility development.

Below we have mapped out some of the steps to take when looking for a new space or increasing an existing facility and how we can help during that process.

### **1 Speak to us**

As the National Governing Body for gymnastics, we are here to support you in your gymnastics delivery. Almost all facility based enquiries through local councils, planners and funders will come back to British Gymnastics for comment, so by knowing in advance we can better support your plans with partners.

### **2 Preparation**

Once you have decided that you would like to create a dedicated gymnastics facility or expand an existing space, we can help you draw up a robust business plan so that you have got everything in place in order for your business proposition to be successful and sustainable.

#### **This plan should include:**

- Club structure/ governance
- Financial forecasting
- Project finance
- Delivery time-tabling
- Workforce development
- Building layout design and equipment specification
- Health and Safety

### **3 Identifying potential finance**

Depending on your business plan and project, we can identify what financial support might be available and see whether your project would be eligible for any funding or grants.

### **4 Application process**

It can be quite a daunting process when submitting an application for finance, but we can support and advise you on what to include in your application to maximise your chance of success.

### **5 Planning**

Finally, we can support you when working with local authorities on a planning change of use application or when trying to obtain planning permission for your facility.

For further information about facility development visit our website or contact us:

 [participation@british-gymnastics.org](mailto:participation@british-gymnastics.org)



# PARTICIPATION

## Six ways to keep your gymnasts active

FOR ANY  
GYM, COACH  
OR  
GYMNAST

**We know gymnasts love to be active during their sessions. Keeping your gymnasts busy in the gym is proven to give them a more positive experience. It also increases their readiness to learn and removes any distractions caused from waiting around.**

Here are six ways to keep your gymnasts active during your training sessions.

### **1 Set-up mini-activity side stations**

Get your gymnasts to practice skill preparation elements with fun conditioning exercises or partner work in between their coached activity. This could be arranged as a circuit or as an obstacle course and is particularly useful when working on apparatus.

### **2 Use group activities wherever possible**

This is ideal for floor skills and these can be arranged in different formations, rather than always using lines. You could arrange your gymnasts into a circle, starting in a balance or pose, and then get them all to perform a skill together, or one at a time quickly in cannon. Individual feedback is important, and this can still be given during the group activity.

### **3 Make your activity transitions fun!**

When moving in between apparatus, stations or activities, encourage your gymnasts to jump, hop, skip or pretend they are animals or space rockets, to get to the next area... Coaches can join in too!

### **4 Plan your large apparatus set-up**

By being creative with your large apparatus set-up you can allow for more than one gymnast to be using it at the same time. You could use a few different areas on the same beam, such as a mount section, a skill/balance section, a dismount area and a floor linked section. With one beam, a bench and a line on the floor you can keep eight gymnasts busy for the whole time.

### **5 Make the most of the space you have**

Work around the edge of a square floor using each side for a different activity or work horizontally across a long mat rather than starting at the end. Spins, handstand walks, shape jumps, rolls and balances can all be practiced in this way. You'll find you cover a lot more content in your sessions and it's a great way to recap on previous skills. You can also incorporate hand apparatus, partner work (through mirroring, matching and synchronisation), plus dance and choreography sections too.

### **6 Set challenges between activities**

Who can balance on one foot while rotating a hoop around a part of their body? Who can do the most continuous skips with a rope in one minute? Who can create the best starting position for the next skill? Ensure you have enough apparatus for everyone to remain active and keep a stopwatch handy. The gymnasts can time themselves and be responsible for noting down everyone's scores, improving their teamwork and leadership skills.



# VOLUNTEERING

## Recruit & recognise

**Volunteers help to keep our sport thriving and they could help your club go further! One of the biggest reasons why people don't volunteer is because they don't realise that help is needed.**

There are many ways to recruit volunteers and we can help you to connect with them.

### Recruitment tips

#### Spread the word!

Let your members and parents know that you are looking for and would welcome new volunteers. You could do this at a session, via social media or through your newsletter.

#### Set up your own Leadership Academy

The My Leadership Academy is an initiative that allows young people aged 11+ to develop leadership skills by helping in the gym. Following the MY Leadership Academy programme, members of the academy are introduced to various roles within gymnastics and they are given the opportunity to complete generic and sport specific courses.

#### Use online recruitment tools

The Sport & Recreation Alliance has a volunteer finder on their website which allows you to reach out to a network of volunteers from across the country.



[sportandrecreation.org.uk  
/pages/volunteering](https://sportandrecreation.org.uk/pages/volunteering)

“VOLUNTEERING IS A GREAT OPPORTUNITY TO MEET AMAZING PEOPLE WHILST BEING INVOLVED IN THE SPORT THAT WE LOVE”

**SARAH JEFFREY** (pictured left)  
**FROM NORTH WALES**

### Ways to recognise volunteers

#### Help them grow

Offer training and development opportunities that will enable your volunteers to hone new skills and meet new people. Listen to the sorts of things they'd like to be doing and try to help them.

#### Make them feel valued

Think about the most useful roles they can carry out, make it easy for them to feel valued and give them words of encouragement to show you are acknowledging their contribution.

#### Say thank you!

These two words go a very long way!

**For more information on volunteering opportunities and training, visit our website or drop us an email.**



[british-gymnastics.org/volunteering](https://british-gymnastics.org/volunteering)



[volunteering@british-gymnastics.org](mailto:volunteering@british-gymnastics.org)



# FOUNDATION

## Who we are



**We are the official charity partner of British Gymnastics and exist to create opportunities through gymnastics, to bring real improvements to the lives of people and communities most in need.**

### **We could help your members!**

**Our Hardship Grants programme provides financial assistance to British Gymnastics members, to help them continue participating in gymnastics through times of crisis or significant financial hardship.**

Isobel (pictured) is a talented and dedicated gymnast, but with her father, unable to work whilst recovering from cancer and living with stenosis of the spine, Isobel's family struggled financially to get her to competitions.

Isobel was awarded a Hardship Grant to support her family with her fees and competition costs.

**"Isobel has come out stronger and more determined to continue with gymnastics. We certainly could not have continued to pay her fees without the grant."**

Isobel's Mum

**"I have come so far and have so much to achieve. I hope to be Level 2 by the end of this year."**

Isobel, 12 years-old

### **Make us your charity of the year!**

In order to continue helping gymnasts like Isobel across the UK, we rely on donations from people and clubs like yours. Please consider supporting us!

We can help you with everything you need to fundraise successfully, and we are planning some exciting prizes for supporting clubs over this membership year!

Please get in touch to see how we can work together.

 [theteam@britishgymnasticsfoundation.org](mailto:theteam@britishgymnasticsfoundation.org)



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# 2020 EVENTS

## Major competitions

MARCH 28

**GYMNASTICS WORLD CUP**  
ARENA BIRMINGHAM

APRIL 16 - 19

**GYMNASTICS BRITISH CHAMPIONSHIPS**  
M&S BANK ARENA, LIVERPOOL

JULY 4 - 5

**TRAMPOLINE, TUMBLING & DMT BRITISH CHAMPIONSHIPS**  
ARENA BIRMINGHAM

JULY 30 - AUGUST 2\*

**BRITISH GYMNASTICS CHAMPIONSHIP SERIES**  
M&S BANK ARENA, LIVERPOOL

\*date correct at the time of publication, but subject to change

JULY 24 - AUGUST 9

**OLYMPIC GAMES**  
TOKYO, JAPAN

Find  
an event

[BRITISH-GYMNASTICS.ORG/FIND-AN-EVENT](https://BRITISH-GYMNASTICS.ORG/FIND-AN-EVENT)

# Everything a gymnast needs, in one place!

Check out the **new look British Gymnastics Official Shop** and see our wide range of gymnastics equipment, resources and accessories including:

- Leotards
- Scrunchies
- Activewear
- Handguards
- Chalk
- Leotard glue
- Trampoline socks
- Toe shoes
- Trampoline, artistic and rhythmic shoes
- Tights
- Grip socks
- Bags
- Gymnastics equipment including AirTrack



British **OFFICIAL SHOP**  
Gymnastics

Visit  
[british-gymnastics.org/shop](http://british-gymnastics.org/shop)

# OFFICIAL Sponsors & Suppliers

## PRINCIPAL FUNDING PARTNERS OF BRITISH GYMNASTICS



**UK Sport** is the strategic lead body for high performance sport in the UK. British Gymnastics, our events and elite gymnasts are all supported by UK Sport's National Lottery funded World Class Programme and Gold Event Series.  
[uksport.gov.uk](http://uksport.gov.uk)



**Sport England** is focused on helping people and communities take part in sport or activity regardless of age, background or ability. Sport England's significant investment into gymnastics supports us in growing the sport and giving our gymnasts a great sporting experience.  
[sportengland.org](http://sportengland.org)

## OFFICIAL SPONSORS OF BRITISH GYMNASTICS



**Quatro** is our official gymnastics leotard supplier. Our squad gymnasts only wear Quatro leotards when they take centre stage in international competitions, competing for British Gymnastics.  
[quatrogymnastics.com](http://quatrogymnastics.com)



**The Powerpuff Girls** have partnered with British Gymnastics to create the POW! Academy - a joint venture inspiring and rewarding gymnasts across the country, with a little help from The Powerpuff Girls!  
[powerpuffgirls.cartoonnetwork.co.uk](http://powerpuffgirls.cartoonnetwork.co.uk)

## OFFICIAL SUPPLIERS OF BRITISH GYMNASTICS



**Gymnova** is our official supplier of gymnastics equipment and supplies all of our British Gymnastics events.  
[gymnova.co.uk](http://gymnova.co.uk)



**Gymaid** is the exclusive supplier of trampoline and ancillary apparatus used at our elite training camps and at British Gymnastics events.  
[gymaid.com](http://gymaid.com)

# CONTACT US

## Get in touch



[british-gymnastics.org](http://british-gymnastics.org)



[customersupport@british-gymnastics.org](mailto:customersupport@british-gymnastics.org)



0345 129 7129



Club Line: 0345 515 0680

Our Customer Support team's working hours are:

**Monday - Thursday** 9am - 7.30pm

**Friday** 9am - 7pm

**Saturday** 9am - 1pm

We also have **live chat** on our website that you can access during the above hours.

## Follow us



British Gymnastics



@britishgymnasticsofficial



@BritGymnastics



British Gymnastics

**GBR**  
UK sport  
LOTTERY FUNDED



British  
Gymnastics



TOGETHER WE MAKE  
**AMAZING**  
**POSSIBLE**

British Gymnastics is proud to be the UK's official governing body for gymnastics. We're dedicated to helping gymnasts of every level amaze themselves and others, supporting our members and partners who make it all possible.

[british-gymnastics.org](https://british-gymnastics.org)

