ENGLISH GYMNASTICS

MEN'S ARTISTIC ENGLISH CHAMPIONSHIPS 2022

Competition Handbook

Competition Organisers: English Gymnastics (V2)

Version History

English Gymnastics reserves the right to make amendments to this Handbook. Notification of a change to the Handbook will be communicated through the EGA Gymnastics Website. All updated versions will be made available to download at the time of change. All versions will be listed on this page, regarding amendments made.

Version 2

Entry Opening Date amended from Monday 3rd to Tuesday 4th January 2022.

About

English Gymnastics

The English Gymnastics Association Limited (EGA) was originally formed in 1982 by the 10 English Regions, to ensure that England was represented in the Commonwealth Games and other International events. English Gymnastics is recognised by Commonwealth Games England and the Commonwealth Gymnastics Federation. We have also been instrumental in ensuring that English Championships now enjoy a major event status in the British Gymnastics calendar.

The English Gymnastics Strategy aims to meet the following vision and core purpose:

- To unite and reflect the common purpose of the Regions
- To deliver and facilitate opportunities to develop and retain all involved in gymnastics

British Gymnastics

British Gymnastics (BG) 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.

Covid-19 Related Preface

Covid-19 and the associated restrictions have had a huge impact upon all our lives and our communities. The implications have been clear in relation to English Gymnastics 2020 and 2021 events, where all planned activity in both years has been cancelled.

However, with the vaccine roll-out continuing at pace, it is with greater hope that we look forward to re-starting our events programme in 2022.

Whilst our planning is progressing on the basis that social distancing, to all intents and purposes, has come to an end, we will be taking all reasonable steps to create a Covid-19 secure environment at events in line with current Government guidance.

This may require limiting capacity of both entries and spectators within event venues to ensure social distancing can be maintained, increased cleaning and hand hygiene provision and the implementation of personal equipment (where necessary).

It is important that everyone planning to attend an event understands that, although measures will be put in place to decrease the likelihood of transmission or contraction of Covid-19, the risk cannot be eliminated.

As such, there is an increased risk associated with attendance at an event and everyone must consider their own circumstances, which includes (but is not limited to) personal underlying health conditions (of themselves or someone within their household), when making an assessment about attending events.

It is also important that each individual understands the responsibilities they have to keep, not only themselves safe, but to work together to make sure we can create a safe environment for all – we really do need everyone's help!

We ask coaches to make the appropriate assessment of a gymnast's ability level and their readiness, both physically and mentally, to take part in future events, based on your own particular circumstances.

It is fully acknowledged that some flexibility and changes to the normal way events are staged will be necessary for the foreseeable future.

We are, therefore, extremely grateful for everyone's patience, understanding and co-operation in trying to regain some much-needed normality in these incredibly challenging times.

Contents

Version History **2**

About **3**

Covid-19 Related Preface **4**

Definition of Terms **7**

Key Contacts **8**

Competition Entries - Overview **9**

Entry Process 9

Who Can Enter? 9

Number of Entrants 10

Nationality 10

Policy for the Participation of Trans People in Gymnastics Competition 10

Guests 10

Category 11

Waiting List 11

Time and date 11

Entry costs overview – Clubs and Gymnasts 12

Entry method and closure date 12

Payment method 12

Late entries 12

Withdrawals and substitutions 12

Confirmation of entry 13

Coach substitutions 13

Structure & Programme **14**

Type, level and pathway 14

Confirmation of programme and rotations 14

Awards, Prizes & Medals 14

Performance details **15**

Warm Up 15

Registration 15

Code of Points 15

Tall Gymnasts – Horizontal Bar & Rings 15

Vault Specifications 15

Apparatus 16

Inquiries 16

Judge, Coach & Gymnast requirements **17**

Membership 17

Coach Qualifications 19
Safeguarding 19
General Regulations **21**
Allergies 21
Babies & Young Children 21
Medical Provision 21
Privacy 21
Etiquette 22
Video, Film & Photography 22
Complaints and grievances 23
Health and safety 23
Risk assessments 23
Welfare 23
Emergencies 24
Terms & Conditions of Entry to all Competitions 24
Men's Artistic Technical Information **25**
Code of Conduct 25
Age Policy 25
Competition Attire 25
Venue Facilities **27**
Venue and address 27
Spectator area & disabled access 27
Food & drink 27
Toilet & changing facilities 27
Car parking 27
Spectators 28
Appendices **29**

Definition of Terms

- **Assisting Coach(es)** are Coaches who are permitted on the competition floor and/or Warm-Up Hall, but who work under the guidance and responsibility of the Lead Coach or Coach. Assisting Coach(es) must meet all of the relevant eligibility requirements.
- **BG** means British Gymnastics.
- **EGA** means English Gymnastics.
- **Event** means any National competition and Championships organised by or on behalf of English Gymnastics.
- **Chaperone** - In exceptional circumstances, Chaperones may be permitted to fulfil a pastoral care role. Chaperones under no circumstances shall be permitted to Coach gymnasts.
- **Coach(es)** are those Coaches, Lead, Supervised, Assisting Coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. These Coaches must have the relevant qualifications and BG Membership as defined in the Eligibility Section of this Handbook. Any changes to the Coach(es) submitted on the online entry system, must be notified to the EGA Administration Manager, Jan Charlton, via email prior to the event and in exceptional circumstances, if changes are required during the event, these must be notified to the Organisers. Changes to Coach(es) will only be permitted where the replacement Coach meets all of the relevant Eligibility requirements.
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken.
- **CPSU** means Child Protection in Sport Unit.
- **DBS** means Disclosure Barring Service, Access NI Eligibility or PVG.
- **FIG** means Federation International de Gymnastique.
- **Independent** means gymnasts who are not members of a BG registered Club, but hold appropriate BG membership.
- **Lead Coach –** The Coach taking overall responsibility for all the gymnasts from their Club. The Lead Coach must be present in the competition arena throughout the event to take responsibility for the Coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.
- **Officials** are people recruited to assist with the delivery of the overall event ie Floor Manager, Ceremonies Manager, Spectator Tickets Manager etc.
- **Organiser** means the National Competition Organiser(s) or their designated representative, who is authorised by or on behalf of the EGA.
- **Supervised Coach** means a Coach who is the responsibility of the Lead Coach, as they are coaching skills at a maximum of 1 level higher than their current qualification, but are in the process of qualifying at the next level.
- **Blue text** means there is a hyperlink to a document, email etc embedded in to the document.

Where no specific point is addressed in the Regulations, the current FIG Rules apply. However, the Organisers and its appointed Officials, reserve the right to define any Regulation conflict as is deemed appropriate, to ensure a fair and equitable competition.

Key contacts

English Gymnastics	MAG/WAG Event Organiser	Christine Paddock	Via Jan Charlton
	EGA Administration Manager	Jan Charlton	Tel: 0345 1297129 Ext 2640 jan.charlton@englishgymnastics.org.uk
	EGA Chairman	Martin J Laws	martin.laws@englishgymnastics.org.uk
British Gymnastics	EGA Event Enquiries		engevents@englishgymnastics.org.uk
	Customer Support	Hannah Tamplin	Tel: 0345 1297129 customersupport@british-gymnastics.org
Scoring	Gymdata	Robert Stockwell	Tel: 0208 4104443 support@gymdata.co.uk

Competition Entries – Overview

Welcome to the Men's Artistic English Championships. Within this pack you will find all the details to participate within our competition, which is supported by British Gymnastics, Gymnova and our clothing sponsor, Milano Pro-Sport.

This competition is combined with the Women's Artistic English Championships and will again in 2022 take place at the Redbridge Sports & Leisure Centre. This is a popular English event, taking place in a Commonwealth Games year and entries will be high. For 2022, the event will be a qualifying event for the Men's Artistic British Championships, so will see gymnasts competing for their chance to participate in that National event.

Entry Process

Entry to the Men's Artistic English Championships is online only via the BG Gymnet Online Entry Portal. Complete instructions for adding an entry via the Gymnet Online Entry Portal are available to download from the BG Website. All entries must be fully submitted electronically by the stipulated closing date/time. Any problems/queries relating to the process, please contact the EGA Event Enquiries via email in the first instance. Prior to the event, an entry may only be amended by the person making the original entry.

Who can enter?

This competition is for:

Gender	Male	Max Number of Competitors	Qualifying Score
Age	Men's U12 : Aged 11-12	72	60 U12 Code
	Men's U14 : Aged 13-14	72	60 U14 Code
	Men's U16 : Aged 15-16	36	60 U16 Code
	Men's U18 : Aged 17-18	36	60 U18 Code
	Men's Senior : Aged 19 or over	36	60 FIG Code
	Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition		
Ability:	**COACHES - PLEASE ONLY ENTER GYMNASTS WHO HAVE A REALISTIC CHANCE OF ACHIEVING THE QUALIFICATION SCORE ****		
Club:	This is open to all British Gymnastics registered clubs, who must be affiliated to their respective **English** region. Clubs from other Home Nations will be accepted as Guests if approved by the Organisers		

^^ See Category Breakdown (Page 11) for specific details.

** If you have a gymnast who has not achieved the Qualifying Score, please **DO NOT** enter them on Gymnet, but email EGA Event Enquiries and ask for the gymnast to be added to

the Waiting List. A place will only be offered to these gymnasts if we do not have sufficient competitors per Category (see Page 9). Gymnasts that don't get into the English Championships may ask to be a Guest at the Welsh or Scottish Championships and qualify for the British Championships through one of these competitions. Apparatus Specialists may be accepted under exceptional circumstances, but Clubs should apply to the EGA Event Enquiries email before adding them to the entry.

Please note that enquiries relating to this English Gymnastics event will not be accepted from parents and these should be directed via the Club **at all times**.

Number of Entrants

The organisers have set maximum numbers for each Age Group and Categories will be closed on Gymnet once numbers are reached. Once this happens, competitors can be added to a Waiting List and only be offered places if/when Withdrawals are made.

Nationality

- Participants in all English Gymnastics events are subject to the requirements of Membership, Club/Regional Registration and other conditions of entry.

- Participants must be a British Citizen, holding a British Passport (or be in the process of obtaining British Citizenship and/or Passport) **and** have lived in England for a period exceeding 36 months. The mother, father or a grandparent of a Gymnast must have been born in England.

- Participants must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by Byelaw 17(3) of the Constitutional Documents of the Commonwealth Games Federation (CGF) have been obtained.

- If a participant does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the participant may petition the English Gymnastics Approval Panel in writing, via email to the EGA Admin Manager. The Approval Panel's decision in this regard shall be final. The Approval Panel shall be consisted of the Chairman and Vice Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific Gymnastics discipline within which the participant is seeking to compete. The Panel's decision in this regard shall be final. Decisions on these matters are not open to Appeal.

- Disclosure: It is the responsibility of the person making the Competition Entry to ensure that all gymnasts have their Nationality declared within the Gymnet Online Entry portal or as soon as possible via email the EGA Event Enquiries.

Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the BG Q&As for the Participation of Trans People in Gymnastics Competition.

Guests

- The Club/Coach of a gymnast that represents another Country or Home Nation and wishes to compete as a Guest at an English Gymnastics event, must not add their competitor(s) to Gymnet when entries open and should instead contact the EGA Event Enquiries via email and request that they be added to the Guest Waiting List. Guest gymnasts will be allowed entry subject to availability of places.
- Foreign Competitors and Coaches: Gymnasts who are not normally resident in the UK, must request permission from the Organisers via the EGA Event Enquiries email prior to entry. The Host Federation and Organising Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. ALL participating foreign competitors

and Coaches are, therefore, responsible for making their own arrangements to have the necessary valid Insurance coverage against illness, accidents and for repatriation. Insurance Cover Note or photocopy of the valid Insurance Policy should be sent through to the EGA Event Enquiries via email prior to the start of the event. Delegation Members with insufficient Insurance Cover must inform the Organisers via the EGA Event Enquiries email in advance.

Category

Within this competition, the categories are as follows:

Category	Categories				
	U12	**U14**	**U16**	**U18**	**SENIOR**
Age breakdown	Aged 11-12 during 2022	Aged 13-14 during 2022	Aged 15-16 during 2022	Aged 17-18 during 2022	Aged 19+ during 2022
Born	Min DOB 2011 / Max DOB 2010	Min DOB 2009 / Max DOB 2008	Min DOB 2007 / Max DOB 2006	Min DOB 2005 / Max DOB 2004	Min Year of Birth 2003

Note 1: The Organisers reserve the right to close a Competition once numbers reach the maximum allowed. The Competition Organisers have the right to review all entries.

Note 2: The Age Groups used here are generic and apply to the English Championships, but do not necessarily match those listed in the British MTC Handbook. Please refer to YEAR BORN description contained in the Rules above.

Waiting List

Should Clubs have gymnasts who fall just below the Qualifying Score, but they would ideally like to enter them into this Championships, please email the EGA Event Enquiries as soon as possible before the closing deadline with Name, BG Membership Number, Qualifying Score and they will be added to the Waiting List. Should the number of competitors fall below the maximum numbers allowed by the Organisers, Clubs will be notified and places offered on a first come, first served basis. The Organisers cannot guarantee that any places will be available for these additional competitors.

Time and date

Date(s):	11th March 2022 – Men's U12 & U16 Championships 12th March 2022 – Men's U18 & Senior Championships 13th March 2022 – Men's U14 Championships
Estimated start time: *	0800hrs – TBC
Estimated end time: *	2000hrs – TBC
Timetable & Draw circulation:	Approximately 3 weeks prior to the start of the competition
Podium Training:	There will be NO podium training this year.

***Note:** All Men's Championships will be combined with the Women's Championships. The Organisers reserve the right to amend the Timetable according to Entries. The start and end times are estimated and subject to change pending entries received and category

breakdown. Maximising your experience is vital, please be patient with the Competition Organiser.

Where possible, the Organisers will endeavour to keep gymnasts from the same Club together. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Organisers reserve the right to alter the grouping of gymnasts and/or running order of performances, as may be deemed necessary by the Organisers or authorised officials, up to the start of warm up.

Entry costs overview – Clubs and Gymnasts

Entry Cost per competing gymnast:	£80.00

Entry method and closure date

Entry method:	**Online entry**: Via Gymnet Online Entry Portal *
Entry opening date:	Tuesday 4th January 2022
Entry closure date:	Noon on Friday 11th February 2022

Payment method

- Payment can **only** be made by Debit/Credit Card.
- Payments should be received by BG within 48 hours of the entry being submitted.
- Entry Fees are non-refundable after the closing deadline.
- *It is not the competing Club's responsibility to financially support the Judges to attend this event.*
- *It is not the responsibility of the EGA to financially support the Coaches to attend this event.*

Late entries

Late entries will not be accepted at this event.

Withdrawals & Substitutions

Pre-event entry closure:

If a Gymnast is unable to attend the event for a specific reason (injury, illness etc.) then you are welcome to 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 EGA Event Enquiries via email to request a transfer in Gymnast, as this must be done manually.

Post-event entry closure:

Contact the EGA Event Enquiries via email to discuss your individual situation and the stage of event organisation. It may be too late to alter/re-do any preparation that has been completed for the big day.

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

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

Withdrawal of Entry:

To withdraw a gymnast, please email the EGA Event Enquiries with the following details:

- Full name
- Membership number
- Category – Level and Age
- Reason for withdrawal
- It is important to advise the organisers, via email to EGA Event Enquiries, of any withdrawals as soon as they are known, so that places can be offered to competitors on the Waiting List.

Fees to Withdraw:

- After the closure date – Full cost of the entry fee
- Before submission of the entry – No fee has been charged
- Before the closure date – A refund will be provided by English Gymnastics, minus a 3% admin charge

Confirmation of entry

Upon entry and payment of entry; you will receive a confirmation email for your entry from the EGA Event Enquiries.

Coach substitutions

Where it is necessary to substitute a Coach, the Club must inform the EGA Event Enquiries in writing via email so that the Coach can be checked for Membership, Awards and Safeguarding, before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their Coaching Award Certificate, current British Gymnastics Membership Card and a current British Gymnastics specified DBS Certificate.

Structure & Programme

Type, level and pathway

Competition type: Men's Artistic English Championships

Competition level: U12, U14, U16, U18 and Senior

Competition pathway: There is no competition pathway for this Championships, but competitors will need to have achieved a minimum qualifying score (see Page 9).

Confirmation of programme and rotations

After the entry closure date, the Competition Organisers will finalise the competition programme/running order and circulate this to all clubs involved. If you haven't received an email of the competition programme fourteen days prior to the competition start date, please contact the EGA Event Enquiries.

Note: Sometimes emails can get moved to 'junk mail' boxes without our knowledge. Please check prior to contacting the EGA Event Enquiries.

Where possible, we will endeavour to keep Gymnasts from the same Club together.

For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the Gymnasts is a concern, the Organisers reserve the right to alter the grouping of Gymnasts and/or running order of performances, up to the start of warm up.

Awards, Prizes and Medals

Medal Ceremonies

- Except in exceptional circumstances, Gymnasts receiving awards at an EGA event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.
- Medals will only be distributed at events, not by post.
- Attire for medal ceremonies is according to FIG World Championships and UEG Rules. The medal ceremony may be modified in line with Covid-19 guidelines.

Awards, Prizes & Presentations

- The overall U12, U14, U16, U18 and Senior Champions will be awarded salvers.
- There will be no cash prizes in 2022.
- Medals will be awarded for 1st to 3rd place on each Apparatus within each competition.
- Medals will be awarded for 1st to 3rd place for the All-Around in each competition.
- There will be no breaking of ties.

Performance details

Warm up

The programme will include a general warm up at the start of the competition, but also per apparatus. Please refer to the Timetable for specific details.

Registration

- We will be having an open Registration for 2022, so please register your competitors as soon as you/they arrive at the Centre.
- Please advise at Registration if you intend to perform two Vaults for Apparatus Awards.
- In accordance with FIG Rules, certain apparatus may be raised in order to cater for taller gymnasts. Please indicate at the time of making the entry if this will be required for any of your gymnasts and mentioned at Registration.
- During Registration, Gymnasts will be issued with their Number.

Code of Points

The Competition format is as per FIG Competition 1 (Cycle 15 – 2022/24) Rules.

Tall Gymnasts – Horizontal Bar & Rings

Gymnasts have the right to request permission to raise the Horizontal Bar and/or Rings to accommodate their height. The request for the Horizontal Bar or Rings to be raised must be made at the time of competition entry. The Bars will be raised in accordance with the FIG Regulations. Unauthorised raising of the Bars will be penalised in accordance with the FIG Regulations.

Vault Specifications

The following Rules apply for eligibility for a Vault apparatus ranking and medal. All gymnasts performing two Vaults must indicate so at registration:

Seniors, U18, U16	FIG Rules apply
U14	2 Vaults, but must be different Vault numbers per Code of Points
U12	A single Vault to count

Apparatus

The following equipment and apparatus will be used for this competition:

Apparatus	Manufacturer	Notes
Sprung floor	GymNova	
Pommel Horse	GymNova	
Rings	GymNova	
Vault	GymNova	Super and Super Sprung Boards will be provided. Gymnasts will not be permitted to bring their own Springboards to the event. Apparatus specifications are as per FIG – except for Vault matting; this will be the FIG mats turned to provide a soft landing.
Parallel Bars	GymNova	In accordance with the current FIG Rules, Bars may be raised in order to cater for taller gymnasts. The request for the Bars to be raised must be made at the time of competition entry. Gymnasts must provide their own chalk.
Horizontal Bar	GymNova	In accordance with the current FIG Rules, The Bar may be raised in order to cater for taller gymnasts. The request for the Bar to be raised must be made at the time of competition entry. Gymnasts must provide their own chalk.

If a Gymnast fails to compete on any piece, please inform the Judges in order that a zero score can be entered.

Inquiries

Inquiries are permitted and should be handed to the English Gymnastics Events Director along with a £25 Inquiry Fee.

- Inquiries will be accepted within ONE rotation of the performance being questioned (ie if you are protesting a Gymnast's performance on the first Apparatus, an official application must be received before the Gymnast rotates to their third piece).
- By submitting an Inquiry about a score awarded by the Judges, you agree to pay a fee which will be paid to the Organisers at the time of the Inquiry.
- The fee will be returned if the Protest is successful or retained if the Inquiry is denied.

Judge, Coach, Gymnast requirements

The following provides requirements for Judges, Coaches, and Gymnasts that are to be involved within this event (***please note that only Clubs affiliated to their respective Regions will be allowed to enter English Gymnastics events***).

Membership

All persons attending EGA events in an official capacity, whether as a Gymnast, Coach or Judge, are required to hold current BG Membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current BG Membership Cards to all competitions and be prepared for these to be checked by the Organisers or their appointed officials.

- **Gymnasts**
  Membership level must be Competitive Gymnast, Coach or Life Member of BG in order to enter an EGA event. In normal circumstances, Gymnasts should also be a member of a BG Registered Club.

  In exceptional cases, where a Gymnast does not belong to a BG Registered Club, they must contact the EGA Administration Manager, and request entry into the event. If granted, such Gymnasts will be given the classification as being 'Independent'. In such circumstances, the Independent Gymnasts must nominate a Coach and must also meet all other Membership requirements.

- **Lead Coaches**
  Lead Coaches' Membership level must be Coach or Life Member of BG and Coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA event. Lead Coaches must have a current Safeguarding and DBS Certificates - please see Safeguarding Section. The Lead Coach may authorise other Coaches from their club to coach skills of a maximum of 1 level higher than that coach's qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so. Further information on the changes introduced for Lead and Supervised Coaches, please click here.

  - **One** (1) Supervising Coach per Gymnast from **two** (2) nominated, will be permitted in to the competition area at any one time.

- **Coaches**
  Coaches' membership level must be Coach or Life Member of BG and Coaches must be qualified to a minimum of Level 2. Coaches must be qualified to the level of all the skills being performed by the gymnast for which they are responsible. Coaches must have current Safeguarding and DBS Certificates. Please see Safeguarding section.

- **Supervised Coaches**
  To be a Supervised Coach, you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at the maximum of 1 level higher than their current qualification. Before being allowed to participate in an EGA event, the Supervised Coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on the changes introduced for Lead and Supervised Coaches, please click here.

- **Assisting Coaches**
  Assisting Coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Member of BG before being allowed to participate in an EGA event. Assisting Coaches must

have a current Safeguarding and DBS Certificate - please see Safeguarding Section. Assisting Coaches cannot be responsible for the gymnasts.

- **Disability Chaperone**
  Chaperones may be permitted to provide pastoral care to gymnasts in certain circumstances. Under no circumstances may a Chaperone coach a gymnast. In the case where a gymnast has a disability, the nature of which indicates that it is deemed necessary to have additional support, they will be entitled to have a carer present with them throughout the competition. The carer will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity. The carer will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment. The carer will be required to be dressed appropriately if entering the warn-up hall or field of play.

- **Medical Chaperone**
  In exceptional circumstances, upon written request, a Chaperone may be approved to provide pastoral care to a gymnast with a medical condition. Written medical verification of the need for the carer (from GP or other medical practitioner) will be required to be submitted to the EGA Event Enquiries via email at least one week prior to the start of the event. The carer will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity. The carer will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment. The carer will be required to be dressed appropriately if entering the warn-up hall or field of play.

- **Supervising Chaperone**
  The Organisers may authorise Supervising Chaperones to assist with pastoral care for gymnasts. These entitlements, if applicable, will be defined in the specific competition pages. In these circumstances, the Supervising Chaperones must either be qualified as a Level 1 Assistant Coach or be a Club Welfare Officer and hold the relevant membership and qualifications, DBS and SPC for their position(s). Supervising Chaperones will not be permitted to enter the Field of Play.

- **Volunteers**
  Volunteers are to be listed on the entry form to ensure that anyone providing support is allowed within the competitive area, including waiting and warm up areas. Volunteers must be DBS checked and must always be supervised by a qualified coach. Volunteers are not coaches' and therefore not allowed to 'coach'.

- **Judges**
  Judges' Membership level must be Judge or Life Member of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Member of BG for National and Brevet Judges before being allowed to officiate at an EGA event.

  Judges must also hold a current Cycle of Judging Award (Cycle 15).

  The EGA does not required Judges to complete a Criminal Record Check (DBS) to Judge at EGA competitions, as the role that Judges fulfil at the event no longer falls within DBS Eligibility. However, some Judges are actively involved in Club gymnastics and may provide Judging instruction to children in a training environment or carry out a supervisory role (or may complete a Criminal Record Check by virtue of another role they undertake eg Coach). As not all Judges use their qualification in the same way, it is the Club's responsibility to assess the role the Judge is undertaking and determine whether the activities involved fall within the Eligibility Criteria for a Criminal Record Check. BG no longer requires all Judges to complete Safeguarding Training, but Clubs should ensure any Judge who supervises or instructs children has completed appropriate training.

For further information on Membership levels, please visit the British Gymnastics Website.

Coach Qualifications

When submitting entries for an EGA event, Clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the Coach's qualification is not allowed.

All Coaches must have completed the British Gymnastics Positive Coaching Module.

All Coaches entered into the event entry, must be the same ones attending the event. It is unacceptable to enter a Coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their Club and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

It is the Club's responsibility to ensure that only accredited Coaches are on the Field of Play and Warm-Up areas. Coaches who are used to push mats must be at least a Level 2. Lead Coaches have a duty of care towards their performers and have responsibility to ensure that all of the Coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation. Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting Coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

If it is found that a Club is in breach of these policies, the EGA reserves the right to reject an entry on the grounds of Gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a current BG specific DBS Certificate and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate in EGA events.

All Gymnasts must have an accredited Coach present on the Field of Play and during Warm-Up at all times. If a Gymnast attends a competition without a suitably qualified Coach or Supervised Coach, they will not be allowed to compete.

Initial Safeguarding training, which is valid for 3 years, must be a face-to-face workshop and delivered by a recognised training organisation.

The EG and BG accepts training from the following providers:

- Local Authority Safeguarding
- Football Association (FA) Safeguarding
- UK Coaching Safeguarding & Protecting Children
- NHS Safeguarding
- Specific professional prior learning (Social Worker, Teacher, Police Officer etc)
  (Or Home Country equivalent approved by Scottish Gymnastics/ Welsh Gymnastics/ Gymnastics NI)

This must be renewed every three years and be valid both at the time of entry and through to the end of the event. Coaches are responsible for checking the expiry date of their Safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event.

To enhance National Safeguarding training, BG provide a sport-specific online Safeguarding Refresher Course which can be used to renew Safeguarding after completing a face to face course.

Coaches must also have a valid DBS disclosure, both at the time of entry and through to the end of the event, before being allowed to officiate at an EGA event.

General Regulations

Coaches must make adequate provision for the “supervision” of their gymnasts upon arrival at the venue. gymnasts will not be allowed to register or begin warm up without their Coach present.

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.

Babies & Young Children

In the interests of safety, for the smooth running and professional presentation of the event, babies and young children are not permitted to enter the Warm-Up Hall or Field of Play, even if they are being supervised by an adult.

Medical Provision

All entrants agree to be treated by EGA appointed Medical Staff only and be bound by the decision of EGA Medical Staff in relation to their ability to compete in the competition.

Anyone requiring First Aid or Physio assistance should speak to either the Competition Organiser or English Gymnastics Medical Team. It is recommended that all Coaches have a First Aid Kit with them for minor injuries.

At all English Gymnastics events, an official Medical Team will be appointed and will be available to treat Gymnasts who sustain an injury at the event. The Medical Team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the Medical Team, to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the English Gymnastics appointed Medical Officer as to the Gymnast’s health and medical status and their ability to compete at the event, is absolute and final. Any Gymnast who is injured in this event and is withdrawn from the competition by the Medical Staff, will still be eligible for individual Apparatus medals.

Privacy

English Gymnastics Privacy Notice.

At many events, English Gymnastics may produce event merchandise (eg event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with the Organising Committee in order to discuss if modifications to Rules and processes are appropriate arising from this disability.

The scores and results from English Gymnastics events, will be published on the English Gymnastics Website in the specific event page. English Gymnastics will not redact your details from the published results unless there is a justifiable reason to reject an objection to publication.

Apart from as required for the running of the competition, Gymnasts, Coaches, Judges and Officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results.

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.

Video, Film & 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, via the EGA Event Enquiries email, 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.

All English Gymnastics competitions are large events, where filming and photography by English Gymnastics accredited Photographers will be taking place. For the 2022 Artistic English Championships, our Official Photographer will be DE Photo. Images taken at our events may be used by English Gymnastics for the purposes of promotion, education and development of the sport. They may also be shared through social media outlets eg Facebook for general promotional purposes.

Anyone who does not wish themselves or their child to be photographed at the event, must advise the Organisers via the English Event Enquiries email. The EGA will make every effort to ensure that any identifiable images of the participant are not published.

The EGA will display clear signage and make announcements about photography and filming at its events. Any footage of children and individuals who are vulnerable will be published in accordance with the relevant BG Safeguarding Policy.

To make our events entertaining and easy to follow for our audience and fans, we announce and publish information about participants, including Nationality, scores and achievements.

The results of English Gymnastics competitions are published and made available for viewing by members of the public via the English Gymnastics Website and BG Find an Event.

Any person wishing to use video, film or take photographs must abide by the BG Health Safety & Welfare Policy. 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 publication in printed or electronic form, such as on Websites. Clubs may publish some photos, but this may only be done in accordance with the BG Photography Policy and in conjunction with the BG Safeguarding Policy and Health, Safety & Welfare Policy.

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 the English Gymnastics appointed Welfare Officer or English Gymnastics Events Director at the event. 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** at any time 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.

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.

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 EGA Event Enquiries via email within five working days of the event date.

Health and safety

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.

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 EGA Event Enquiries via email 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 eg 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, socialising 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	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

Government Legislation requires that when a Club takes a Gymnast(s) under the age of 18 years on a journey involving an overnight stay, the Club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU Child Protection Standards, this person must not be related to or in a relationship with the Coach attending the trip. The training for

the designated person should be BG recognised Safeguarding & Protecting Children Awareness training.

Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses and we, therefore, recommend that, where necessary, you take out additional Travel Insurance as required.

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.

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

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

Terms & Conditions of Entry to all Competitions

- By entering this event your Club is agreeing to the rules, regulations, and standards within this Handbook.
- The person making the online entry on behalf of Gymnast(s) or a Club, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.
- You agree to the storing of competition scores. The EGA will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the BG Photography Policy.
- Gymnasts must provide their own chalk.
- If a Gymnast fails to compete on any piece, please inform the Judges in order that a zero score can be entered.
- Any Gymnast whop is injured in this event and is withdrawn from the competition by the Medical Staff, will still be eligible for individual Apparatus medals.

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

Men's Artistic Technical Information

Code of Conduct

BG National Technical Committee Code of Conduct.

Men's Artistic Judges Code of Conduct.

The EGA, acting through the Board, reserves the right to refuse any entry and disqualify an Official, Coach, Judge, Gymnast or team at any time, if they do not comply with BG Regulations.

Age Policy

Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition.

Competition Attire

Gymnasts

In order to make EGA events more inclusive and accessible, a new BG Policy has recently been approved by the BG Board, following consultation with the National Technical Committee and having adopted feedback received from the community.

In principle, this Policy overarches, but should be read in conjunction with, the discipline specific policies and references in the Code of Points and other documents.

In essence, the Policy seeks to break down barriers to participation by, for example, removing gender specific requirements for competition attire.

These overarching principles may be found in the BG Competition Attire at Events for Gymnasts Policy. The implementation of this Policy will be monitored for the first year and reviewed accordingly, but Coaches are encouraged to contact the EGA Event Enquiries or their respective Competition Organiser should they have any queries about the attire that they propose for their gymnast to wear at EGA events.

Advertising must adhere to the BG Advertising on Clothing & Competition Attire at Events Policy. When representing your Club, the wearing of GBR or Home Country attire at EGA events is strictly forbidden. For the avoidance of doubt, any inclusion of the Union Flag (or other Home Nation Flag) within the design of any leotard is expressly forbidden. Strapping – a suitable colour of tape should be used, ie no bright colours or patterns. The removal of leotards on the Field of Play is not allowed.

Coaches

- Coaches must wear a tracksuit with full length sports trousers or full-length trousers with a collared polo shirt/Club t-shirt and appropriate gym/training shoes.
- The wearing of GBR, ENG or other Home Nation attire at EGA events is strictly forbidden.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per the BG Health & Safety Guidance Safe Coaching.

Non-compliance may result in removal of the Coach and consequently, for health and safety reasons, their Gymnast(s) from the competition.

Judges
Male: Navy blazer or suit, navy trousers, white shirt, EGA tie, black shoes.

Female : Navy blazer or jacket, navy skirt or full length trousers, white blouse, black shoes (without heels). An EGA scarf may be worn as required.

Recorders, computer operators and other Officials who may be working alongside the Judges should dress similarly.

For gymnasts, Coaches and Judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards.

Apart from as required for the running of the competition, gymnasts, Coaches and Officials must not use mobile phones or any other electronic communication devices (including tablets) to make phone calls, take photographs or to be used for other forms of communication in the main arena during the event.

Judges are not allowed to use any form of electronic device throughout the duration of the competition.

Redbridge have recently had to resurface the floor of the Arena due to damage caused by heeled shoes. Therefore, for all Coaches, Judges, Officials etc attending the event and setting foot in the main Arena, heels will not be permitted in any shape or form and trainers or flat shoes will only be permitted at all times.

Venue Facilities

Venue and address

Venue name:	The Jean Brown Indoor Arena, Redbridge Sports & Leisure Centre
Address and postcode:	Forest Road, Barkingside, Ilford IG6 3HD
Google maps link:	Redbridge Sports & Leisure Centre Map

Spectator area & disabled access

There will be approximately 400 seats available each day of the Championships, which can be accessed via the mezzanine floor. For disabled and/or wheelchair users, seating is not designated, but they have a choice of entering the seating at either ground floor or mezzanine level – depending on their seating preference - there will be adequate provision available.

Food & drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. For competitors, Coaches and Judges, chewing gum is not allowed at any phase of the competition, including the presentation of the awards. In the Jean Brown Indoor Arena, there are Café facilities on the 1st Floor (The Edna Clarke Café) - available from when Doors Open until Doors Close - providing refreshments, as well as fast food. Light refreshments, including tea/coffee/crisps can also be purchased from the main Reception Desk.

Toilet & changing facilities

There are ample toilet and changing facilities on site for competitors, coaches, officials and spectators alike.

Car parking

Redbridge Sports & Leisure Centre has parking for over 400 vehicles (plus an additional overspill car park) and charge as follows (if purchased on the day at the Centre):

Monday to Friday * (*payment by Debit/Credit Card or Parking App only*):
Up to 3hrs - £1.00
Up to 6hrs - £2.00
Up to 9hrs - £8.00
All Day - £15.00

* May be subject to increase.

Saturday or Sunday (*payment by Debit/Credit Card or Parking App only)*:
£2.00 per Day

Car Parking (no ticket issued) can also be purchased in advance via Gymdata as follows, which means there will be no need to register/pay on arrival:

Friday, Saturday or Sunday - £2.00 per Day
All Weekend - £5.00

Spectators

Cost per spectator:	Ticket type	On the door price	Advance purchase online
	Adult All Day Ticket	£20	£18
	Child U12 / Senior All Day ticket	£12	£10

Spectator Tickets will be available to purchase on the door, or online in advance at a discounted price. All online orders will incur a handling fee of £2/order. Child tickets are for U12 years old. Infants not occupying a seat, may enter Free of Charge.

Online advance tickets may be purchased via Gymdata by following this link. Please note that applications for tickets are always heavy (particularly for Seniors' Day), so please advise members of your Club to apply early. We cannot guarantee that any tickets will be available to purchase on the door each day, so would advise everyone to purchase tickets online in advance of the Championships to avoid disappointment.

Appendices

1. EGA Clothing Modification Request Form
2. Venue Information – Directions
3. Parking Notice at Redbridge Sports & Leisure Centre
4. Accommodation close to the Sports Centre

Clothing Modification Request Form

Competition:	
Entrants Name:	**DOB:**
Club Name:	
Religion / Disability:	**Discipline:**
Please provide details of any clothing modifications and provide reasons for this request	

I confirm that the details on this form are accurate

Signed _____ **Date** _____

Address _____

_____

Postcode _____ **Contact no** _____

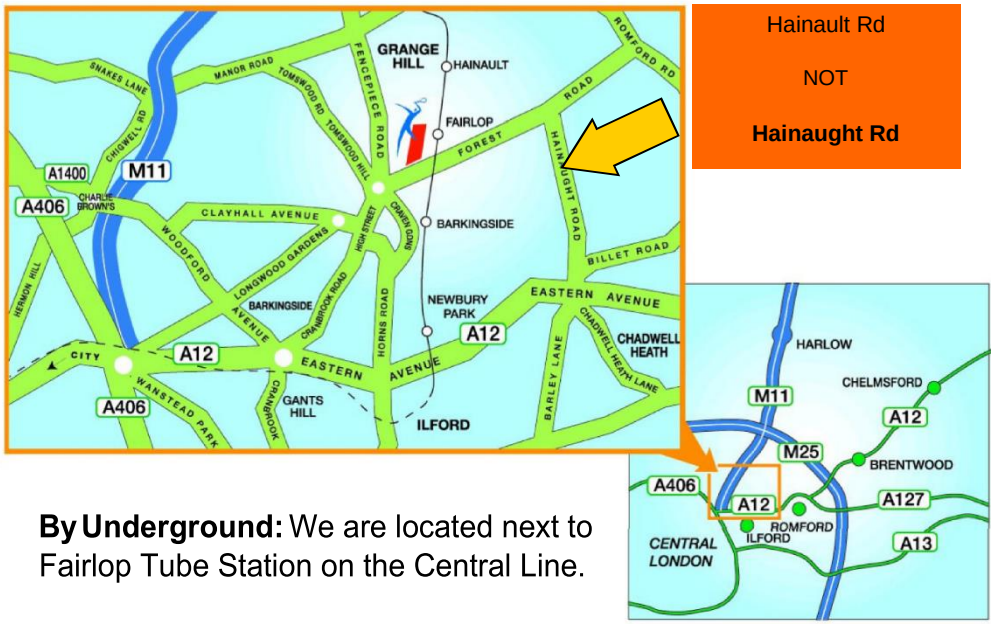
NB: If the gymnast is under the age of fourteen, their parent/carer must sign the form on their behalf.

This form should be submitted to the EGA Admin Manager, Jan Charlton, via email at jan.charlton@englishgymnastics.org.uk with the entry. The request will receive full consideration and club and entrant will be informed of the outcome within 10 working days of receipt of the request. In the event the request is declined, the entry fee will be refunded in full, providing that this form was submitted prior to the closing date.

Venue information - Directions

Venue title: ***The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD***

Directions:



Hainault Rd

NOT

Hainaught Rd

By Underground: We are located next to Fairlop Tube Station on the Central Line.

From the M11: At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road, take the first exit on to Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road. At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the Railway bridge.

From the North Circular Eastbound: Take the A1400 exit off the North Circular (just before the M11). At the roundabout, take the 2nd exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit). At the traffic lights, turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.





On arrival at the Centre, follow the road above past the first sports centre (red van pictured in photograph). The competition venue (The Jean Brown Arena) is the silver building pictured above right. Please enter through the glass doors at the front and follow directions. EGA Event Staff will be able to direct you.

REDBRIDGE SPORTS & LEISURE EVENT CAR PARK PLAN



Redbridge Sports & Leisure has over 400 car parking spaces and operates these on a first come first served basis for those using the Sports Centre's facilities. There is often a large volume of users so please consider using Public Transport (Fairlop Station & 462 Bus Stop only 200m away) or share cars and allow sufficient time for your journey

ON –SITE PARKING

A. **Norman Booth Building Car Park (Charges Apply)**
B. **Jean Brown Arena Car Park (Charges Apply)**
C. **Frenford Car Park (Charges Apply* *Available to RSL Users on limited dates only)**

MPA

MyParkingAccess.com

Members are reminded to keep their vehicle details up to date

Visit our permit portal at www.myparkingaccess.com

Login using the email address and password used when first registering your vehicle/s

For more information please ask at Reception

Parking Notice

Please note this land is privately owned and enforcement is in operation 24 hours

Terms and Conditions of Parking

Parking is only permitted for Redbridge Sports & Leisure users while on the premises

Members can receive up to 6 hours FREE parking per visit by completing a registration process. See reception for details.

PAYMENT MUST BE MADE ON ARRIVAL

TARIFFS

Charges apply 4am - 9pm daily
20 mins FREE Drop-Off/Collection

MONDAY - FRIDAY		SATURDAY - SUNDAY	
Up to 3 hrs	£1	Up to 3 hrs	£1
Up to 6 hrs	£2	ALL DAY	£2
Up to 9 hrs	£8		
ALL DAY	£15		

Drivers should consider their expected length of stay on arrival and pay the appropriate tariff. Drivers who overstay the initial paid period must make a further separate payment which covers their entire length of stay. No topping up of parking payments is allowed

ALL DAY rate entitles the driver to leave and return on the same day, all other rates are for a single visit only

1. Vehicles must park wholly within a designated parking bay
2. Vehicles must not park on double yellow lines, cross hatched areas, verges or pavements, in restricted or unauthorised bays and areas, or so as to cause an inconvenience or obstruction
3. When parking in a bay designated for Blue Badge Holders, vehicles must display a valid Blue Badge and make the appropriate parking payment
4. No overnight parking
5. Tariffs are exclusive of convenience charges

Breach of ANY term or condition will result in the driver being liable for a

Parking Charge of £100

By entering this land you agree to abide by all of the Terms and Conditions

Parking charges are to be paid within 28 days. A reduced payment amount of £60 will be accepted if paid within14 days. Additional parking charges apply for each 24 hour period,or part thereof, that the vehicle remains in breach. Terms and conditions apply 24 hours a day, all year round. Where a parking charge becomes due, an application may be made to the DVLA for the keeper's details. Non-payment will result in additional charges which will be added to the value of the charge and for which the driver will be liable on an indemnity basis. Automatic Number Plate Recognition may be in use. Images of vehicles including vehicle registration number will be obtained to confirm entry and exit of the car park to calculate the length of stay and enforce non-compliance of the Terms and Conditions of entry onto this land. The cameras are also intended to detect and deter criminal activity. Please see full privacy notice at www.pcnpay.co.uk/privacy. Data Protection Officer - administrator@pcnpay.co.uk. We are not liable for any loss or damage howsoever caused to any person or property whilst on this site save, under any statutory exceptions.

Managed by Parking Charge Ltd
PCN Payment and Enquiries 0333 577 0133
Web payment & appeals www.pcnpay.co.uk
or mail to: Parking Charge Ltd, PO Box 1484, Northampton, NN2 1ET

Redde

Location Code: 10023

Ways to Pay:

Pay by App
Download the REDDE App to your phone
SMS Confirmations and Reminders 10p each

Pay by Text
Register using the web or app first
Text to 84101:
PARK + (location code) + (duration) + (CVV)
E.g. PARK 10023 3H 123
Note the use of spaces, please.
This means that you will be parking your registered car at location 10023 for 3 hours, using a card having 3-digit CVV 123.
SMS Confirmations and Reminders 10p each

Pay Online
Log into your account or Register at https://reddepay.co.uk

Pay by Phone
Call our Customer Care team on 0333 577 0069 (office hours)
Calls are charged at national rates but network operators may add a service charge; details of which are available from your service provider. See terms below.

Pay by Kiosk
Consider a one-off guest visit using the tablets at each reception desk.
Note: Requires a credit or debit card for payment

20p Conv Fee
See terms below for details

Questions?
Get in touch with us
0333 577 0069 office hours
info@reddepay.co.uk



OFF –SITE PARKING

Additional parking spaces if the above car parks are full. (Pay and display only)

- **D. Fairlop Station Car Park**
- **E. Craven Gardens Car Park**
- **F. *Newbury Park Station (IG2 7RN; Not shown on Map)**

***You can park at Newbury Park Station on the Central Line and take tube to Fairlop Station (2 stops) and a two minute walk to Redbridge Sports & Leisure Centre**

Visit www.rslonline.co.uk/parking for more details on parking @ Redbridge Sports & Leisure

MEN'S & WOMEN'S ARTISTIC ENGISH CHAMPIONSHIPS 2020

ACCOMMODATION CLOSE TO THE CENTRE

Redbridge Sport & Leisure
Jean Brown Indoor Arena
Forest Road
Barkingside
IG6 3HD

We strongly advise that you book early.
Please check the prices and availability with the individual hotels.

Holiday Inn Express – Newbury Park 713 Eastern Avenue Ilford Essex IG2 7RH ☏ 0371 423 4876 www.ihg.com/holidayinnexpress	**Travel Lodge Hotel** 735 Chigwell Road Woodford Green Essex IG8 8AS ☏ 0871 559 1815 www.travelodge.com	**Travel Lodge Hotel** Beehive Lane Gants Hill Ilford Essex IG4 5DR ☏ 0871 984 6194 www.travelodge.com
Premier Inn – Romford West Whalebone Lane North, Chadwell Heath, Nr. Romford, Essex RM6 6QU, ☏ 0871 527 8942 www.premierinn.com	**Premier Inn – Ilford** Redbridge Lane East, Ilford, Essex IG4 5BG, ☏ 0871 527 8542 www.premierinn.com	**Rossmore Hotel** 301 – 309 Cranbrook Road, Ilford, Essex IG1 4UA ☏ 0208 554 3481 www.rossmorehotel.com
Cranbrook Hotel 22-24 Coventry Road, Ilford, Essex IG1 4QR ☏ 0208 554 6544 www.cranbrookhotel.com	**Citybest Hotel** 31 – 33 Mansfield Road, Ilford, Essex IG1 3BB, ☏ 0208 554 4044 www.citybesthotel.com	**Gidea Park Hotel** 115 Main Road, Romford, Essex RM2 5EL ☏ 01708 746676 www.gideaparkhotel.com
Prince Regent Hotel Manor Road Woodford Green Essex IG8 8AE ☏ 0330 028 3418 www.hallmarkhotels.co.uk	**Best Western Ilford Hotel** 5 Argyle Road, Ilford, Essex IG1 3BH, ☏ 0844 387 6286 www.bestwestern.co.uk	**Best Western Greater London** 60 Cranbrook Road Ilford Essex IG1 4NH ☏ 0800 393130 www.bestwestern.co.uk