

In support of:



Mental Health
Foundation



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Parent & Gymnast Information

The Mental Health Foundation
Men's London Open Event Series 2019

Event 1 – 30th August

The Mental Health Foundation Men's London Open Club
Development
Venue – The Jean Brown Arena, Redbridge Sports Centre

Event 2 – 31st August & 1st September

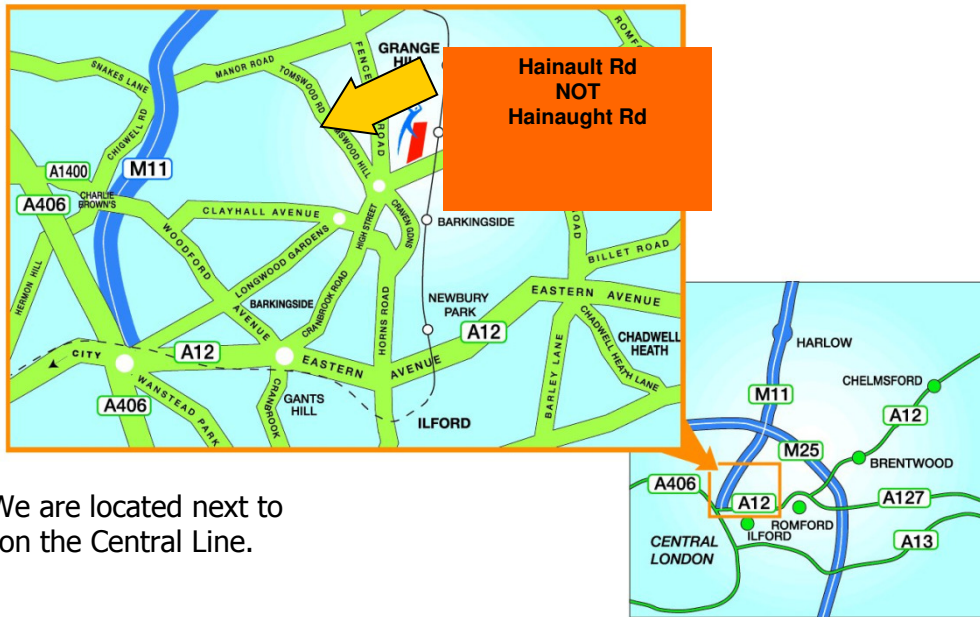
The Mental Health Foundation Men's London Open
Championships
Venue – The Jean Brown Arena, Redbridge Sports Centre

Event Personnel

Event Director:	Ben Murphy
Event Manager(s) FOP	Cat Bates
Financial Officer:	Faye Walsh
Front of House:	Anne McNeill & Faye Walsh
Social Media:	Helen Bates
Judging Convenor:	Simon Moore (London Open), Andrew Crawford (Dev Open)
Medical provision:	<p>There will be a first aider present during the event, including British Gymnastics appointed Physiotherapists. The first aider/Physio may be contacted through the competition control desk.</p>
Welfare Officer:	<p>There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition control desk.</p>
Volunteers:	<p>The Men's London Open is entirely staffed by volunteers who give up their time to allow the event to run. London Gymnastics & Redbridge Leisure Centre takes a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.</p>

Venue information

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



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 onto 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.



**Parking charges apply
PLEASE REGISTER
YOUR CAR
AT THE VENUE**



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff will be able to direct you.

Ticketing

The London Open Championships is often a sell-out event. Therefore we suggest you book your tickets early to avoid disappointment.

You can also receive a discount when you purchase tickets online. You can do so via phone or over the web - just follow our link below.

Card Payments: We can take card payments on the door only if there are any tickets remaining. London Gymnastics is a CASH FREE organisation. We do not have the facility at the event to take bookings for tickets over the phone or reserve tickets during the Event weekend. Once the online sales close then tickets can only be purchased at the event.

Ticket Prices:

ONLINE PRICES - Earlybird Ticket Prices for spectators

Tickets available online at: <http://bit.ly/MLOTickets2019>

Comp	ONLINE DISCOUNT PRICE	ON THE DOOR PRICE
Club Grades (All day)	£12.50	£15.00
U12 Competition	£12.50	£15.00
U14 Competition	£12.50	£15.00
U16 Competition	£12.50	£15.00
U18 Competition	£12.50	£15.00
Senior Competition	£20.00	£25.00
Senior Competition PLUS one from above	£27.50 (£5 saved)	£35.00 (£5 saved)

Wristbands will be issued instead of tickets, this will be posted to you in advance. These should always be worn to help our stewards easily identify that you have paid. You will receive a separate wrist band for each competition.

On the Door Prices (Subject to availability and at additional cost) for spectators

To celebrate the 70th Anniversary of the Mental Health Foundation we are teaming up with them to both raise awareness and support them in their fundraising. During the event we will have opportunities to bid on a range of items from our GB stars.

If you would like to make a donation to the Mental Health Foundation when you purchase your ticket then please add to your basket

Exceptions:

Gymnasts & Coaches must purchase a ticket to watch any competitions in which they are not competing. For the Men's London Open Championships, Coach/gymnast tickets may be purchased on the door at a discounted price of £10 per person. The discounted tickets are subject to availability. An adult MUST supervise gymnasts spectating during the competition. If a competition is over 2 sessions gymnasts and coaches may sit in the spectator seating for free on the session in which they are not competing but will need to ensure spectators take priority in the tiered seating.

It may be necessary to clear the hall between rounds on the grounds of health and safety.

The London Open Event Series 2019
Including: The Mental Health Foundation Men's London Open & Development Open
www.menslondonopen.co.uk info@menslondonopen.co.uk

- Result sheets:** All scores can be viewed online via www.gymdata.co.uk during the competition and will be available to view after the event. Screens will be available in the ticketing area where you can type in your mobile number to have the scores sent to your phone via SMS.
- Venue Rules:**
1. Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or Claxon's are only used between the march around of the gymnasts.
 2. Please follow the direction of stewards at all times
 3. Please only leave your seat between rotations.
 4. No Flash Photography, please also ensure bright lights on your mobile device are turned off.
 5. London Gymnastics & Redbridge Leisure Centre uses a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.
 6. It may be necessary to carry out a bag search upon entering the building
- Merchandising:** There will be a range of merchandising stalls, which will be available throughout the Championships (though some stalls may not be open for each round of competition).
- The Zone Stall** – Major sponsor to London Gymnastics will be selling a range of boys and girls gymnastics attire
- Elite International** – selling a range of garments which can have print transfer added to them on site. Development Open Gymnasts will also be able to use their voucher here to collect their free t-shirt or upgrade it to a hoodie.
- Café:** The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments.
- Gymnast registration:** Registration of gymnasts will take place in the main arena (follow signs). Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens).
- Anti-Doping:** London Gymnastics follows the BG anti-doping statement.
"The anti-doping rules of British Gymnastics are the UK Anti-Doping Rules published by the Drug Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Gymnastics."
- BG/LG Photo Policy:** By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. <http://bit.ly/BGPhotopolicy>
Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG 'Child Protection' Policy
Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.
Nominated coaches must not take photos or videos, whilst in the arena, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.

Gymnast attire:

Gymnasts must march on in competition attire/ club tracksuits.
Gymnasts must wear long gymnastics pants and socks on pommel horse, rings, parallel bars and horizontal bar. Long gymnastics pants, socks and/or slippers that are black or the darker shades of blue, brown or green are not permitted. They have the option to wear short pants with or without socks or long gymnastics pants with socks on floor exercise and vault.
The wearing of a gymnastics singlet on all apparatus is compulsory.
The wearing of GBR or Home Nations attire at BG Events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations.
Gymnasts have the option of wearing gymnastic slippers and socks.
The removal of leotards on the field of play and in public view is not allowed.
Handguards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin colour.
Advertising on attire must adhere to FIG rules.

Awards & Ceremonies:

London Development Open Ceremony Protocol

Gymnasts will be presented their medals and stand behind the winners rostrum for each presentation. Due to time constraints, we will not stop for photos, and instead a separate photo area will be provided. Our official photographers and parents will be welcomed to take photos of the medal winning gymnasts immediately following the competition.

Social Media:

London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us prior, during and after the event using #MLO2019 or #LondonGymnastics



Twitter @londongymnastic



Facebook.com/LondonGymnastics



Instagram/LondonGymnastics



Youtube.com/Londongymnasticsuk