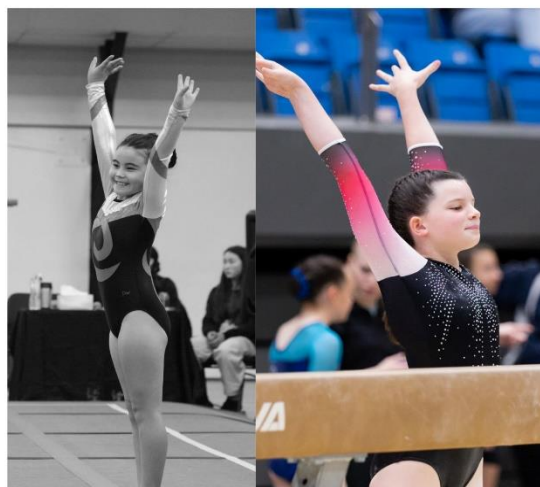


Policy for attending gymnastics coaching clinic



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Rimutaka Gymsports

Authored by: Kerry McGall



Contents

Purpose	4
About coaching clinics	4
Criteria for gymnasts to go to clinic.....	4
Gymnasts will be required to pay a deposit to Rimutaka Gymsports.....	4
How do gymnasts travel and where do they stay	4
Coaches	4
Rimutaka Gymsports coaches who are asked to be a coach at clinic	4
Travelling gymnasts will cover additional reasonable costs not covered by Clinic	5
At least one paid coach will attend the clinic from Rimutaka	5
An expression of interest should be sought from coaching staff.....	5
Clinic Support coach's costs.....	5
Coaches travel costs.....	5
Food.....	5
Accommodation costs	6
Coach vehicle required to transport gymnasts	6
Clinic Support coach is responsible for bringing fully stocked first aid kits	6
Chaperones	6
Parent/caregiver consent for chaperoned gymnasts	6
Chaperone role	6
Chaperone costs	6
Gymnasts attending clinic.....	7
Gymnast behaviour.....	7
Mobile phones.....	7

Recreational activities for gymnasts in down time	7
Gymnast illness	7
Illness prior to travelling	7
Injury or illness at clinic	7
In case of emergency	8
Gymnast cancels attendance at clinic	8
Authorisation	8

Policy for attending gymnastics coaching clinics

Purpose

This document provides Rimutaka Gymsports policy when providing opportunities for gymnast and coach development at coaching clinics.

About coaching clinics

A coaching clinic is set up so that invited experienced coaches will be at the event running different skills and drills over a weekend or a set number of days. Gymnasts will be required to pay the cost of the entry fee of the clinic.

Criteria for gymnasts to go to clinic

Gymnasts benefit greatly from travelling to coaching clinics. At Rimutaka we allow gymnasts from step 4 up to be given the opportunity to attend as every gymnast will gain experience and knowledge relevant to where they are in their skill advancement. There may be other reasons the Coach may not allow the gymnast to go to Clinic and the coach will discuss this with the gymnast and the parent. This may be because of behaviour or injury.

Gymnasts will be required to pay a deposit to Rimutaka Gymsports

There is a lot of organization that goes into planning for away trips. A non-refundable deposit of \$100 may be required to confirm attendance at the clinic. If it is required, and they decide to pull out of clinic for any reason, this deposit will be retained by the club to cover any expenses the club can't recover.

How do gymnasts travel and where do they stay

The club will organise how to travel to clinic and accommodation for the gymnasts. Travel by private car is generally the mode of transport. Suitable accommodation is found and the most in-expensive option that meets the teams needs are sourced.

Parents are welcome to come and stay at the same accommodation as the team but it isn't necessary. Gymnasts can choose to go by themselves under chaperone. This can save costs as the parents isn't needing to provide accommodation for themselves.

Coaches

Rimutaka Gymsports coaches who are asked to be a coach at clinic

One of our values is excellence. We strive to allow our coaches to succeed along their coaching framework. Acknowledgement from their coaching peers that they have achieved excellence in their coaching provides our club with a reputational boost. It is important for our club to be seen to be working within the Wellington region and over the rest of the country to share knowledge that will assist in growing a strong competitive programme.

Travelling gymnasts will cover additional reasonable costs not covered by Clinic

Where possible the club will support the coaches selected to attend clinic by contributing to reasonable costs (not covered by the clinic). To do this, before agreeing to provide contribution to costs, the coach must provide to Rimutaka Gymsports information that sets out what their accommodation costs are, how much the Clinic is contributing, travel costs and any contribution from the Clinic and any contribution towards food costs.

Note the club will not provide wages for coaches invited to be an expert coach by the clinic organisers.

Reasonable costs may include contribution to accommodation, food (the coach may choose to be provided meals by the club or receive the food allowance) or travel costs. The contribution to these additional costs will be funded by all of the travelling gymnasts as part of the coaches fee.

At least one paid coach will attend the clinic from Rimutaka

Although not required to have a club coach attend the clinic it is expected that where clubs are sending larger groups of gymnasts to also send a coach to accompany them. The role of this coach is to support the gymnasts on the floor, assist them to stay on task, support with any emotional needs and assist when needed and to help at stations run by the clinic coaches.

The Clinic Support coach must be experienced enough to assist the girls with whatever is required at the level. For example, confident to help gymnasts put straps on safely.

An expression of interest should be sought from coaching staff

The Head Coach WAG in consultation with Step 4 and 5 and senior coaching team and operations support subcommittee will select a coach who can undertake the role of Clinic Support coach.

This role at clinic may be used as a paid coach development opportunity.

The wages paid to the support coach at clinic will be negotiated by head coach WAG and operations support subcommittee. Wages will be paid for time on the clinic coaching floor only.

Clinic Support coach's costs

Reasonable costs of the Clinic Support coach are funded by all of the travelling gymnasts who are attending the Clinic from the Club.

It needs to be transparent what is being covered by the coach's fee. Generally the fee covers the coach's accommodation, travel expenses and food.

Coaches travel costs

The club will provide travel to the coaching clinic and return. Unless there are good and sufficient reasons to take their own vehicle, a ride will be found for the Clinic Support coach. This keeps our costs as a not-for-profit gymnastics club low and ensure the travelling gymnasts are not passed on unnecessary costs.

Food

Food will be provided with the same food as gymnasts with tweaks for dietary requirements or the Coach can decide to be paid a food allowance for the week-end. This will be the daily amount we would have covered if the coach was eating with the club.

Accommodation costs

Reasonable accommodation will be provided for the Clinic Support coach.

Coach vehicle required to transport gymnasts

Where the Clinic Support coach is required to take their vehicle, the IRD per km rate will be used to work out travel costs. This will be paid to the coach prior to the clinic trip.

Clinic Support coach is responsible for bringing fully stocked first aid kits

The clinic support coach is responsible for retrieving at least two first aid kits from the gym and ensuring they are fully stocked. This will be done one week prior to clinic to ensure time to restock items. One will remain with clinic support coach at the clinic venue. The others will stay with the chaperones at the accommodation.

Chaperones

It is common for not all parents of gymnasts to accompany their gymnast to clinic. In these cases the gymnasts parents place them in the care of the club through the chaperones.

An expression of interest will be sought from parents of gymnasts who are going to clinic for chaperone role. Note the job of chaperone should be shared around parents if there are more interest than needed.

Parent/caregiver consent for chaperoned gymnasts

A form must be completed by parent or guardian of chaperoned gymnasts that:

- gives consent for gymnast to be in care of the chaperones
- provides emergency contact information
- seeks information on any health conditions or allergies the gymnast has

provides list of medication and when and how they should be taken.

Chaperone role

Chaperones duties include:

- drive a vehicle with gymnasts up to the clinic
- ensure suitable food is available and ready for gymnasts, and clinic support coach (if coach has chosen this option)
- provide the following meals - breakfast, morning snack, packed lunch, afternoon snack, dinner
- be aware of the clinic schedule and get chaperoned gymnasts to clinic on time and picked up
- organise sleeping arrangements
- generally oversee chaperoned gymnasts in down time and other activities
- ensure get first aid kit from clinic support coach and chaperones and gymnasts know where it will be kept
- create a contact list including contact number for parents who are at clinic, Clinic Support coach, chaperones should be available to all parents, chaperones, coaches on the trip and to the Club Administrator.

Note gymnasts not being chaperoned can opt in to eat with the club by paying the appropriate fee.

Chaperone costs

Chaperone costs are funded by the travelling gymnasts who are using the chaperone service.

If the chaperone also has a gymnast going to clinic, that child does not need to contribute to chaperone costs.

It needs to be transparent what is being covered by the chaperones fee. Generally the fee covers the chaperones accommodation and food.

All chaperoned gymnasts contribute to travel costs for the vehicles required to transport the chaperoned gymnasts to the clinic.

Gymnasts attending clinic

Gymnast behaviour

Gymnasts must always represent Rimutaka Gymsports in line with the Rimutaka Gymsports Behaviour policy. The Clinic Support coach reserves the right, in consultation with the chaperones to contact their parents to come and get the gymnast. Coaches also have the right to ask the gymnast to leave the training floor if they are displaying inappropriate behaviour.

Mobile phones

Mobile phones will be permitted at Clinic; however, they will not be permitted on the training floor, gymnasts will be asked to hand them over to their chaperones before they train or place safely in their training bag. The club will not be responsible for any lost or stolen devices.

There may be rules made by the Club for mobile phones at other times. Gymnasts must follow these rules if they are in place.

Recreational activities for gymnasts in down time

Clinics are made up of some intensive training sessions. The gymnasts need to ensure they are recovering from this training by staying hydrated, eating to fuel their bodies and prioritise sleep. Any activities should consider the impact on the next day's training.

Gymnast illness

Illness prior to travelling

If a gymnast has vomiting or diarrhea before or during the 48 hours leading up to the event, the gymnast must contact Head Coach WAG urgently. Due to the close quarters of the team, it is important the coaches are aware, and can decide what is best for the gymnast and the rest of the travelling gymnasts.

Injury or illness at clinic

If there is a manageable injury i.e requires First Aid, but the athlete is comfortable, the Clinic Support coach or Chaperone will contact the parent/caregiver to advise of the situation and communicate their thoughts regarding the best plan for the gymnast.

If the injury/illness is more severe i.e. requiring First Aid treatment from professionals, ongoing monitoring or hospitalization, the Clinic Support coach or the chaperone will contact the parent/caregiver directly to make a plan.

Please note parents/caregivers may be required to come to the event and support their gymnast. The travelling group although well supported, is based on all gymnasts being independent and healthy. In either circumstance if the decision is made for the gymnast to go home early, the parent/caregiver will be contacted.

In case of emergency

The chaperones and chaperoned gymnasts will stay together.

A message update will be given to club administrator who will notify parents of chaperoned gymnasts.

Gymnasts who are at the clinic will be supported by the Clinic support coach and will remain under the charge of the clinic until they establish next steps from officials.

If it is safe, they will make way back to accommodation when cleared by the clinic staff.

Follow all official instructions.

Gymnast cancels attendance at clinic

Gymnasts who cancel attendance at clinic for any reason will not have their deposit refunded.

Authorisation



Crystal Smith

President

Date of approval by the Committee: 12 September 2023