



General Guidelines for Sports Courses

Health and Safety

- Jewellery must be removed, and long hair tied back
- Participants should wear sports clothing that allows free movement avoiding clothing with protruding embellishments, buckles, clasps or cords. Please note elbows and knees **MUST** be covered for climbing and trampoline lessons.
- Spectacles can present a risk so contact lenses are advised. If lenses are an option then, where possible, spectacles should have flexible frames and elastic sports band.
- Socks **MUST** be worn for trampolining.
- Clean indoor training shoes are required for climbing, football and tennis lessons.
- Personal belongings must be placed in lockers.
- Participants must arrive on time as warm-ups are important to their safety.
- No chewing gum, food or drinks (water bottles with lids are permitted).
- Participants must follow instructions for their own safety.
- Failure to act in an appropriate and safe manner may result in the removal of a participant from a class.
- Parents/Guardians are asked to leave the activity area during the session to avoid unnecessary distraction.
- Climbing lessons only - Parents/Guardians are required to complete a Parental climbing consent form prior to the first climbing session.

Arrival and Pickup

We ask that parents/guardians ensure that their children are accompanied to the activity area and not just dropped off in the car park. We are unable to accept responsibility for your child until they have been registered with their instructor.

Children aged 11 or older will be permitted to leave the activity area at the end of the session on their own unless advised otherwise by their parent/guardian. Children under 11 will not be permitted to leave until collected by their parent/guardian.

Injuries, illness, or other medical conditions

It is the responsibility of the participant/parent/guardian to advise the coach if they have any injuries, illness, or other medical conditions.

Participants on medication which may affect their coordination will not be allowed to attend classes. It is the responsibility of the participant/parent/guardian to inform the instructor of any medication that may affect their cognitive or physical ability.

It is important that any injuries, unusual pain, or discomfort are reported to the instructor during the session.

CODE OF CONDUCT

Participants

We are fully committed to safeguarding and promoting the well-being of all our participants. Dragonfly Leisure believes it is important that participants should, at all times, show respect and understanding for the safety and welfare of the activity being undertaken.

All Participants are expected to abide by the following rules:

- Participants must wear suitable attire
- Participants should treat all equipment with respect
- Participants should always treat fellow participants and instructors with respect
- Participants should not eat or chew gum during a session
- Participants must not use bad language
- Participants must respect each other's belongings and should not borrow, move, or touch unless given permission by those they belong to.

Parents / Guardians

- Encourage your child to learn the rules and participate within them
- Discourage challenging / arguing with Instructors
- Help your child to recognise good performance, not just results
- Set a good example by recognising good sportsmanship and applauding the good performances of all
- Never force your child to take part in sport
- Endeavour to establish good communications with the club, coaches, and officials for the benefit of all
- Share any concerns or complaints about any aspect of the centre or its coaching staff through the approved channels
- Always use correct and proper language
- Never punish or belittle a child for poor performance or making mistakes
- Support your child's involvement and help them to enjoy their sport