

HULL HIGH FLIERS TRAMPOLINING CLUB

Dear Parent/Guardian,

On behalf of Hull High Fliers Trampoline Club I am pleased to welcome you and your child as a member of the club.

The aim of the club is to provide a safe, effective and child friendly environment in which the members can participate in trampolining under the guidance of appropriately qualified coaches.

We operate an open philosophy and welcome the support of parents or guardians. Wherever possible we will enable you to observe training sessions provided that it does not contravene our Health and Safety regulations. We also encourage and value parental involvement in the club.

The members of the club are organised into groups according to their age, ability, experience and individual needs and coaches will be pleased to discuss the training programmes and your child's needs with you.

We provide a child/member centred, coach led programme and will endeavour to help your child develop to their optimum level of performance. Our coaches are all British Gymnastics qualified coaches at the appropriate level and have been screened for their suitability to work with children. A Welfare Officer has been appointed by the club to deal with any safety issues. Arrangements should be made to escort your child to and from training sessions and events. We would appreciate your child arriving and being collected promptly.

You train on _____ at _____ at the following venue _____ at a cost of £_____ for ten weeks.

HULL HIGH FLIERS TRAMPOLINING CLUB

ANTI-BULLYING POLICY

The Head Coach will initially investigate incidents of bullying. In all proven incidents the victims will receive support from Hull High Fliers and disciplinary action will be taken concerning the bully.

If the individual does not respond to an informal approach, the Head Coach will meet with the individual and their parents and will issue and record a verbal warning. If the individual continues to bully, then the coach will inform Hull High Fliers management, who will issue a written warning to the individual and their parents/guardians. With continued bullying Hull High Fliers Management will issue a second written warning. If the bullying does not stop, Hull High Fliers Management will permanently exclude the individual from Hull High Fliers.

What is Bullying?

- Deliberate hostility and aggression towards the victim.
- A victim who is weaker and less powerful than the bully or bullies.
- An outcome which is always painful and distressing for the victim.

Bullying can be:

- Physical: Pushing, kicking, hitting, pinching and other forms for violence including treats.
- Verbal: Name-calling, sarcasm, derision, belittling, spreading rumours, persistent teasing.
- Emotional: Excluding (ie "sending to Coventry") ridicule, humiliation, tormenting, (hiding possessions, threatening gestures)
- Racist: Racial taunts, graffiti, gestures.
- Sexual: Unwanted physical contact or abusive comments.

Persistent bullying can result in:

| | | |
|-----------------------|---------------------------------|---------|
| Depression | Low self esteem | |
| Under-achievement | Isolation | Shyness |
| Poor academic results | Threatened or attempted suicide | |

Unchecked bullying also damages the bully who learns that he/she can get away with violence, aggression and threats and that this sort of behaviour gets them what they want. When children who are bullies, carry on bullying as adults they run into all sorts of problems.

HULL HIGH FLIERS TRAMPOLINING CLUB

Club Contact Details:

Director of Coaching

Mrs Julie Williams julietramp@hotmail.com

- Centre of Excellence
- Coaching & Judging Courses

Youth Development Coach

Ms Caroline Turnbull trampoliningcaroline@hotmail.com

- BG Membership

Welfare and Health & Safety Officer

Miss Marie Walker

- Welfare
- Health & Safety

Volunteer & Fundraising Officer

Mrs Liz Backhouse

- Volunteer Co-ordinator
- Fund raising



HULL HIGH FLIERS TRAMPOLINING CLUB

NEW MEMBER HANDBOOK

www.hullhighfliers.co.uk

HULL HIGH FLIERS TRAMPOLINING CLUB

THE BACKGROUND OF HULL HIGH FLIERS TRAMPOLINING CLUB

Hull High Fliers was established in 1981 when it was then formerly known as Woodford High Fliers. The club started life under the British Trampoline Federation with one coach and two trampolines, offering two sessions a week.

Coach Julie Williams developed a competition group and encouraged coach development to where the club stands today. In February 2003 with the opening of the Vulcan Arena at the Kingston Communications stadium we developed a trampoline Centre of Excellence for Hull, our original home at Woodford Leisure Centre now feeds into the Centre of Excellence. In our new venue we have been able to achieve a perfect facility for trampoline coaching. We have six brand new euro trampolines including end decks and safety matting and the added luxury of two new rigs.

The club caters for children from school entry age through to adults. With a range of abilities from no experience to trampolinists competing at National level. We have a high performance coach who is also a tutor, 2 club coaches who have recently undergone senior club coach training, 7 club coaches, 4 coaches 1 of whom has recently undergone club coach training and 1 member awaiting examination at coach. We are now able to provide 16 hours a week across two venues.

We provide a coach for Woodford Leisure Centres pre-school trampoline sessions which feed into our club. We are currently in discussion with Hull Gymnastics Academy to develop a combined pre-school gymnastics and trampoline class.

We have developed links with 5 schools providing coaches for after school clubs, school teams and for gifted and talented pupils in the PE department.

We have developed strong links with both the Hull City Council Sports Development and the East Riding of Yorkshire Council Sports Development units, providing summer programmes for both councils. This year has seen a pilot scholarship scheme with Hull City Council funding, identifying talented performers and bringing them into the club.

HULL HIGH FLIERS TRAMPOLINING CLUB

EQUITY POLICY

Hull High Fliers Trampoline Club is committed to exemplary standards of conduct through the principles of equity and good moral and ethical frameworks.

The club will encourage individuals from all communities to become involved at all levels of participation, coaching, officiating and management.

The club will ensure that all members and staff adhere to the following equity principles.

- i. All persons must respect the rights, dignity and worth of every human being.
- ii. All individuals must be treated fairly and equally regardless of gender, age, ethnic origin, religion or political persuasion or disability.
- iii. Equity must permeate throughout strategic and development plans.
- iv. An equal professional service will be provided for all participants and discrimination through race, gender or disability will not be tolerated.
- v. Sexual and racial harassment and discrimination will be prohibited.

HULL HIGH FLIERS TRAMPOLINING CLUB

CODE OF CONDUCT - For Club Coaches, Officials and Volunteers

The essence of good ethical conduct and practise is summarised below. All Club Coaches, Officials and Volunteers must:-

- Consider the well being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers based on mutual trust and respect.
- Hold the appropriate, valid qualifications and insurance cover.
- Make sure all activities are appropriate to the age, ability and experience of those taking part and or disclosures immediately, following the appropriate guidelines set out in the BG Child Protection procedures. ensure all participants are suitably prepared physically and mentally when learning new skills.
- Display consistently high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved with club activities.
- Never consume alcohol immediately before or during training or events.
- Obtain prior agreement from the parent/guardian of performers before transporting them anywhere (training/competitions).
- Never have performers stay overnight at your home.
- Never exert undue influence over performers to obtain personal benefit or reward.
- Always report any incidents, referrals
- Never condone rule violations or use of prohibited substances.
- Make sure that confidential information is not divulged unless with the express approval of the individual concerned.
- Promote the positive aspects of the sport (e.g. fair play).
- Encourage performers to value their performances and not just results.
- Follow all guidelines laid down by BG and Hull High Fliers.

HULL HIGH FLIERS TRAMPOLINING CLUB

CODE OF CONDUCT For Parents / Guardians

- Encourage your child to learn the rules and participate within them.
- Discourage challenging / arguing with officials.
- Publically accept officials' judgements.
- 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.
- Always ensure your child is dressed appropriately for the activity and has plenty to drink. Jeans are not suitable and a bottle of water is recommended.
- Keep the club informed if your child is ill or unable to attend sessions.
- 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 club through the approved channels.
- Use correct and proper language at all times.
- Never punish or belittle a child for poor performance or making mistakes.
- Always pay fees promptly and respond to letters quickly.
- Always collect your child promptly at the end of a session.
- Refrain from taking photographs at club sessions



HULL HIGH FLIERS TRAMPOLINING CLUB

CODE OF CONDUCT - For Participants

We are fully committed to safeguarding and promoting the well-being of all our members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with Marie Walker (Welfare Officer).

As a member of Hull High Fliers Trampolining Club you are expected to abide by the following club rules:

- All members must participate within the rules and respect coaches, judges and their decisions.
- All members must respect opponents and fellow club members.
- Members should keep to agreed timings for training and competitions or inform their coach, or if they are going to be late.
- Members must wear suitable attire for training and events as agreed with the coach. Keep all long hair tied back. Remove all body jewellery.
- Members must pay any fees for training or events promptly.
- Members must not smoke, consume alcohol or take drugs of any kind whilst representing the club at competitions or other events.
- Members should treat all equipment with respect.
- Members must inform the head coach of any injuries or illness they may have before the warm-up begins.
- Members should not eat or chew gum during a session.
- Members must not use bad language.
- Members should remain with coaches at the end of a session until collected by their parent or guardian.

We have a range of club attire including club leotard, polo shirt and fleeces which are very popular. This creates an identity amongst the members and coaches, encouraging a high standard of appearance.

TRAINING 2006/07 DATES

General Class

General Classes run throughout the year where possible. Every member shall be notified of any cancellations as soon as possible.

Centre of Excellence

The Centre of Excellence continues throughout the year where possible for forthcoming competitions. Cancellations do sometimes occur which are out of our control but we shall notify you of these as soon as possible.

COMPETITIONS

Grade 3/4 1st April 2007 at Woodford Leisure Centre

Grade 3/4/5 10th June 2007 at Woodford Leisure Centre

Grade 3/4/5 7th October 2007 at Gemtec Arena

Yorkshire Championships 4th November 2007 at Gemtec Arena

Grade 6 events will be taking place and this information will be updated when they are announced.

- Having a zero tolerance level of poor practice, bullying or any potential form of abuse.

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CHILD PROTECTION POLICY

Hull High Fliers Trampoline Club is committed to ensuring that those working with children and vulnerable adults adopt best practice to ensure the health, safety and welfare of the participants and staff.

The club will endeavour to promote the highest standards of care for all members, staff and officials by:

- The adoption of the BG Health, Safety and Welfare guidelines.
- The adoption of the BG guidelines for the Protection of Children and Vulnerable adults.
- The appointment of a Welfare Officer (Child Protection Officer) to whom grievances or complaints can be made confidentially.
- Ensuring that staff are suitably trained in Child Protection and Health, Safety and Welfare issues.
- Ensuring that coaches and officials have been screened to confirm their suitability to work with children. Where appropriate this will include Criminal Record Bureau disclosure.
- Ensuring that best coaching practice guidelines are followed at all times.
- Ensuring that grievances or complaints are dealt with promptly and in accordance with the grievance procedures.
- Ensuring that a minimum of two responsible adults are present at all training sessions or events.
- Ensuring that the participants and/or parents are aware of the purpose of videoing, filming or photography during training or events.

Participants are required to be appropriately dressed in trampolining attire (jeans are not classed as appropriate attire), but sensitive discretion within the bounds of reasonable safety, will be shown in particular circumstances.

The club has adopted the BG policies for Child Protection, Equity and Codes of Conduct and all officials, coaches, members and parents must adhere to these policies. These are included in this booklet for your reference.

An annual registration fee for membership to BG is required and this encompasses appropriate insurance for your child and the club. This year's membership is in two categories:

Non-competitive Membership £15.50
Competitive Membership £23.00

We also charge £1 club registration fee for everyone.

We would be grateful if you would complete the attached club membership form and return it together with any fees your lead coach as soon as possible