



Rib Valley

TRAMPOLINE CLUB

Adult Welcome Pack

Welcome to Rib Valley Trampoline Club.

We are a small friendly club based in Buntingford at Freman College.

Our aim is for you to have a fun and enjoyable experience whilst exercising in a safe environment.

This pack gives you important information about the classes and the club. Please take time to read thoroughly and complete and return the forms at the back. For full details please download our full version of our Club Welfare and Health & Safety document from our website.

Rib Valley Trampoline Club is a British Gymnastics registered club. We follow the guidelines laid out by British Gymnastics and we are working towards GymMark and ClubMark Accreditation.

The club will ensure that all coaches, staff members, committee members and club members adhere to the following equity principles:

- To make Trampolining available to all - irrespective of ability, age, disability and ethnicity.
- To provide members with a safe and well supervised training environment at all times.
- To recognise and abide by the official rules and guidelines of British Gymnastics.
- To ensure that all present and future members receive fair and equal treatment.

The Benefits of Trampolining

The non-somersaulting benefits of trampolining is one of the best kept secrets in the world. Rebounding will exercise and strengthen every muscle, organ, and cell in your body. Trampoline is not only fun but will enhance overall coordination, strength, flexibility, timing and balance. According to a NASA study, jumping on a trampoline for 10 minutes is equivalent to a 30-minute run, giving you the same benefits in a third of the time. You can also develop both upper and lower body strength just as effectively as weight lifting--without the strain or threat of pulled or torn muscles. Rebounding has been shown to out perform swimming as an all-round exercise. Apart from being great fun, bouncing on a trampoline brings a number of very real health and wellbeing benefits including:

- Balance
- Coordination
- Bilateral motor skills (the action of bouncing whilst trying to maintain balance and coordinate bodily extremities)
- Improved muscle tone
- Self-confidence – even those least confident with sports will find it possible to make some progress on the relatively forgiving surface of a trampoline and this progress will help boost confidence.
- Cardiovascular fitness
- Bone Density – bouncing repeatedly puts bones under small amounts of stress sufficient to help them build themselves up to cope with that stress. This in turn reduces the risk of fractures and osteoporosis.
- Improved lymphatic circulation – short periods of weightlessness between periods of higher than average G forces that occur whilst bouncing actually helps the body get rid of toxins; physical activity and gravity effects are essential to the lymphatic system achieving this and both are more actively engaged when trampolining than with almost any other sport.
- Low impact

Health Risks

- Lumbar spine – People with back problems should avoid trampolining due to the forces are transferred through the back, combined with the high degree of spinal movements involved with twisting, flexing, extending and somersaulting.
- Knee – People with knee problems should avoid trampolining due to its susceptibility to increased forces placed on both the bones and soft tissues.
- People with heart problems, as with any sport.

AS WITH ALL MEDICAL CONDITIONS, ALWAYS SEEK ADVICE FROM YOUR GP/HEALTH PRACTITIONER BEFORE PARTICIPATING IN TRAMPOLINING AND INFORM YOUR COACH OF ANY CHANGES.

Classes

Adult classes are Monday evenings during term time 7.30pm to 8.30pm and are held in the school gymnasium (not the new sports centre) Freman College, Bowling Green Lane, Buntingford, Hertfordshire SG9 9BT

Each class is 1 hour long with a maximum of 12 participants over 4 trampolines.

All classes will be coached and supervised by suitably qualified British Gymnastics coaches who have enhanced DBS checks and current first aid certificates.

Fees

All classes are £6 each payable on the night in either cash or cheque. If you wish to pre-book for the ½ term in advance to secure your place please speak to Andrea who will arrange an invoice for you.

Business Address: 37 Fairfield, Buntingford, Herts, SG9 9NX Telephone: 07989 980038

For Online or telephone banking details:

Account Name: Rib Valley Trampoline Club
Sort Code: 60-18-42
Account Number: 20630158
Reference: Your name

Cheques to be made payable to: Rib Valley Trampoline Club.

Please note; this amount is non-refundable. Refunds will only be given in the case of serious illness or injury where a doctor's note must be provided stating the child is unable to participate for the rest of the term.

Insurance

As an affiliated British Gymnastics Club, we are fully protected by Legal Liability Insurance. All coaches and officials are members of British Gymnastics and therefore also protected by Legal Liability Insurance.

Personal Accident Insurance is provided to all club members. Rib Valley Trampoline Club has paid for annual block membership for the adult session which means you are covered for the session and do not need to become a direct member of British Gymnastics.

Clothing

Please wear comfortable clothing, tracksuit, jogging bottoms, shorts or leggings etc. Jeans are not allowed. Also avoid clothing with zips, buttons and buckles as these get caught in the trampoline.

Hoodies are not permitted on the trampoline.

Always wear Socks or trampoline shoes. Trampoline shoes are available to purchase online from:

www.milano-pro-sport.com

Health & Safety

- Long hair MUST be tied up.
- Ladies, please be aware of the strain on the bladder during trampolining and be prepared. The toilets are located just outside the gymnasium.

www.ribvalleytc.co.uk – email: ribvalleytc@live.co.uk – British Gymnastics Club Number: 86720

- Jewellery of any kind is not permitted. Including earrings. Wearing jewellery will invalidate your British Gymnastics Membership and Insurance.
- Drinks are permitted in the hall but no fizzy drinks or cans. Please make sure they are in a leak proof bottle.
- No food to be consumed on the trampoline, in the gymnasium or in the school building.
- Rib Valley Trampoline Club will not be held accountable for any valuables that go missing during a session.

Accident/Incident Policy

British Gymnastics policies state that 'over handling of performers will not be tolerated'. Physical contact is only to be used where there are no other techniques to use. Due to the nature of the sport some physical contact from the coach will take place. If you do not agree with this then is a Health and Safety risk and you should consider a different sport.

First Aid Procedures and Serious Injuries

Minor incidents such as grazes, bruising, etc. will be dealt with by qualified first aiders.

For major incidents, the staff will decide upon the appropriate action which puts the best interests of the casualty(s) foremost.

Rib Valley Trampoline Club hold an accident book on site which will be filled in as the need arises.

Fire & Evacuation Procedures

In the event of a fire all coaches will take their gymnasts out through the designated fire exit and assemble at the evacuation meeting point (Tennis Courts) The head coach will then take a register and report any missing person to the fire service in attendance or duty manager. Under NO CIRCUMSTANCES may anyone re-enter the building until authorised by the fire service or duty officer.

Data Protection

For the purpose of running the club, it is necessary to record personal information in relation to future participants, current participants, staff and volunteers. In doing so, every effort is made to comply with the Data Protection Act 1994 & 1998.

Our Contact details:

Head Coach and Club Manager:	Andrea Allen
Contact Number:	07989 980038
Email address:	ribvalleytc@live.co.uk
Website:	www.ribvalleytc.co.uk
Facebook Page:	Rib Valley Trampoline Club (open page and closed group for members only)

Please 'like' our Facebook page for regular updates and closed Facebook group for members only.

PERSONAL DETAILS	
Name	
Date of Birth	
Address	
Home Telephone	
Mobile Telephone	
Email Address	
Emergency Contact No.	
MEDICAL INFORMATION	
GP Name & Number	
Medical Conditions	
Previous Injuries/Operations	
Allergies	
PLEASE READ	
<p>I confirm that I am fit and healthy and I will undertake to advise you of any change. I have completed the section on medical details and give consent that in the event of any illness/accident any necessary treatment can be administered. If surgery is necessary this may include the use of anaesthetics.</p> <p>In signing this Membership Registration Form I confirm that I have read this form and the attached club policies and codes of conduct and confirm my understanding and agreement to the elements of risk and contact.</p> <p>I am aware that photographs and video footage may be taken during the event for coaching and promotional purpose. I do / do not consent (please delete as appropriate) for myself to appear in photographs.</p> <p>All information will be kept strictly confidential in compliance with the Data Protection Act 1994 and 1998.</p>	
Name	
Signed	
Date	

