

Attendance Policy, Code of Conduct, Gym Rules, Dress Code, GDPR & Waiver Agreement:

This must be digitally signed by a parent/guardian or athlete (if over 18) before entry into Twisted Cheer & Dance gym, classes, open gym's or tryouts. This is completed by ticking the box & accepting the new Agreement via the Coacha Sign up form or logging into your Coacha account.

ATTENDANCE POLICY & COMPETITIVE TEAM COMMITMENT

We don't want to scare anyone with the attendance policy, but we must make our expectations clear to both parents/guardians, and the athletes themselves, so that you are aware of the commitment required to be on a competitive team.

Cheerleading is a team sport that requires consistent full team training to enable athletes to compete at the highest level. Athletes must attend all training sessions and arrive on time. One member missing or consistently late will affect the whole team. All competitions (including the awards sessions) and showcases are mandatory dates that athletes must attend. Please consider this commitment before confirming if you want to join a competitive team.

RED ZONE

The Red Zone covers the three training weeks prior to a competition or showcase.

If an athlete misses practice in these 3 weeks for whatever reason, the content of that athletes routine may be changed, or they may be removed from the routine to allow the team to progress in the lead up to competition.

At coaches discretion, the athletes routine may return to the original plan after the competition. At all times coaches will make decisions that means the TEAM as a whole are the priority.

Please note if this leads to an athletes remove from a competition/event competition entry & spectator tickets are non-refundable.

WEEKLY TEAM TRAINING SESSIONS

Below is our list of excused and unexcused absence for training outside of our Red Zone and competition/showcase dates.

Excused Absences:

- ▶ Family Bereavement
- ▶ Illness involving sickness/diarrhoea or anything contagious
- ▶ Family holiday's/Weddings outside of our school holidays/term dates *may only be excused if we are notified about the absence on the team placement form at the start of the season & it is approved by coaches. Competition, showcase & Red Zone dates are mandatory for athletes to attend.*

For the below absences these will only be excused if we are notified at the start of the season or as soon as it is booked/no later than 4 training weeks prior to the date of the absence.

- ▶ School/College open evening for athletes moving to Yr3/Year 7/ Year 12/College. Where possible please try to book these so they do not affect training.
- ▶ Compulsory school graded event or GCSE/A Level commitment e.g. field trip
- ▶ School Residential Trips such as PGL/ School Trips
- ▶ Year 6, 11 or 13 Leavers Events

Unexcused Absences:

- ▶ Social Events including but not limited to; Birthdays, Family Parties, Social School Events such as school fetes, discos or fairs.
- ▶ Holidays
- ▶ Homework/Revision
- ▶ Parental Punishment
- ▶ Recreational Sport
- ▶ A non-essential school event (e.g. another extra-curricular activity, helping at an Open Day)
- ▶ Any excused absence such as a school trip (PGL) or Family Holiday that is not notified to Twisted C&D via our absence form at that time it is booked.

Expectations when an athlete is injured

Injuries can happen, where an athlete is injured, as an example a sprained ankle. The athlete is expected to attend training to keep up to date with the routine, and also, depending on the injury to help someone who may be filling in for them to learn their routine. They will not be expected to take a full part in the routine/practice (a coach will discuss what can and can't be done prior to the start of the session and only ask for what has been agreed). Full team attendance even if injured is important for the routine to progress at every training session.

PUNCTUALITY & WEEKLY TEAM TRAINING SESSIONS

If an athlete is consistently late, or consistently missing training for excused or unexcused absences, this may affect their role in the routine. Dependent on the consistency of lateness/absences coaches will be in contact to arrange a discussion with parent/athlete. We will always try to see if we are able to help with specific problems, but this can lead to an athlete being moved to a team with a lower commitment programme. Decisions such as these are taken for the best of the team/programme as a whole and are at coaches discretion.

3 strike rule - If you have 3 unexcused absences over the course of the season, this may result in removal from sections of a routine or loss of position on the team all together. Please note any unexcused absence may affect the content of an athlete's routine as training must progress even in their absence, unexcused absences will also be noted by coaches and taken into account in future team placements where appropriate.

Team Training Ethos

Our Absence policy is in place for the good of all members of the team, allowing them to be the best they can be, thereby creating strong teams that work as a unit to achieve their shared goals. The commitment to weekly training within the above absence policy is foundational to an athlete accepting committing to a competitive team at Twisted Cheer and Dance. This commitment is made between athlete, parent and coach on each team.

We have a number of different commitment levels, please make sure you choose the level you are willing to commit to prior to the start of the season. Should you wish to understand the commitment further, please contact us by email to admin@twistedcheeranddance.co.uk and we can arrange a call to discuss;

Recreational - No absence policy

Local - Term time training (plus relaxed attendance in August) - 3/4 event dates

National - Generally only term time training (plus relaxed attendance in August) - 5/6 event dates

International - Generally only term time training (plus relaxed attendance in August) - 7/8 event dates plus international travel.

HOW TO REPORT ABSENCES:

Absences must be reported as soon as you are aware of them and should only be reported through our online form: [Absence Form](#). If there is a last minute sickness, and the start time of a session is within 24hrs, please complete the absence form and send a WhatsApp message to 07510 319436.

For any absences known at the start of the season, the absence must be noted on the team placement form.

If it is an absence that is known about in advance, you must notify us immediately, and no later than 4 weeks prior to the absence. The approval of the absence will be up to the coach of the team and the Head Coach.

CODE OF CONDUCT

Twisted Cheer & Dance's Code of Conduct requires the highest standards of conduct from everyone involved in our programme. This is to ensure that every athlete and parent/guardians behaviour and actions meet the values and standards expected at all times. Everyone must conduct themselves in an honest, fair, impartial and transparent manner.

Our core values are: Respect for everyone, Teamwork, Achievement and fun.

I will respect:

- ◆ All rules & regulations of the Sport, including, but not limited to any competitions in which I participate.
- ◆ That all Twisted Cheer & Dance events, classes and The Gym itself are a safe space where the rights, dignity and worth of all involved are respected. This is irrespective of gender, marital status, race, colour, disability, sexuality, age, occupation, religion or political views.
- ◆ Twisted Cheer & Dance and the individual's reputation and not take any actions or make inappropriate comments about a fellow participant, coach, volunteer or member of Twisted Cheer & Dance that will bring the Sport or those associated in delivering the Sport into disrepute, including making comments on Social Media. I will respect Twisted Cheer & Dance's guidance and policies on Social Media.
- ◆ Any appropriate action taken against me for inappropriate behaviour, bullying or specific incidents by coaches. If behaviours continue, then I understand I could be asked to leave the programme.
- ◆ The position I hold within Twisted Cheer & Dance always conduct and dress myself in the appropriate manner.
- ◆ The result of any competitions and understand that it is not my position to pass judgement on competition results or team placements.
- ◆ All other teams, athletes and spectators at competitions. I will treat all staff at competitions (venue and event providers) with respect as I am a representative of Twisted Cheer and Dance. This is for All our spectators and athletes in attendance.

Cheerleading and Dance at Twisted Cheer & Dance is based on Teamwork and respect for each other, therefore I will:

- ◆ Not abuse or misuse any relationship of trust or position of power or influence held by me in my team or class I participate in.
- ◆ Be on time, dressed appropriately and ready to give my full attention to the class, team or role I have during a session.
- ◆ Recognise each individual member of a team or class has a part to play and that everyone contributes to a successful session and/or team.
- ◆ Be an ambassador for Twisted Cheer & Dance through my behaviour during sessions and with new members, current members and anyone I come across whilst representing the program.
- ◆ Attend sessions with a positive attitude. I will show respect and follow instructions given to me by my coach and will work hard to achieve the goals I am set. My phone will remain in my bag throughout the training session.
- ◆ Not use inappropriate language or behaviour.
- ◆ I recognise that individuals participate in Cheerleading to achieve and have fun, therefore I will:
- ◆ Recognise the achievements of others and applaud their success
- ◆ Endeavour to ensure that all those involved in the sport optimise their potential by promoting the positive aspects of the sport and never condoning the use of inappropriate or abusive language, inappropriate relationships, bullying, harassment or discrimination or physical violence.
- ◆ Not impinge on other's enjoyment of the sport or my performance by consuming alcoholic drinks or smoke immediately prior to or while participating in the sport, or while safeguarding children, young people or vulnerable adults.
- ◆ We have a zero tolerance approach on any illegal drug, alcohol or smoking use within the gym, prior to a training session, or competition. Illegal drug taking and under 18's drinking alcohol/vaping is also not tolerated. If either of the above take place or an athletes association with such practices are deemed by coaches to possibly bring the programme into disrepute, or the above act is proven to coaches, the athlete/parent of the athlete if under 18 will be informed that they are no longer a member of the programme.

GYM RULES & DRESS CODE

Who may participate:

Athlete in good physical condition for gymnastics/cheer activity. Athletes must understand and be willing to abide by the below rules as well as any rules or instructions given verbally within classes. Classes are available for those from 18 months +.

Athlete behaviour and attitude:

All classes run at The Gym are to be used as a learning experience and or practice time. Misbehaving, not paying attention or interfering in any way with fellow athletes will not be tolerated. This applies to both coached sections of a class as well as water/rest breaks.

Training Dress code:

This season we are setting a training dress code to benefit Athletes and Coaches. Coaches can see how a routine looks and not be distracted differently dressed athletes.

Athletes should come in athletic clothing, *for females this includes a sports bra underneath training t-shirts for all age groups*, cheerleading trainers (that are changed into in the gym) no excessively baggy clothes, no jewellery, no belts & long hair tied up. Jewellery should be removed and false nails are not permitted.

Flyers will be wearing clothes that allow bases to correctly grip legs/ankles.

Competitive Team Dress Code at team training sessions:

When attending team training sessions athletes must wear or have their current season training T-Shirt or a plain black T-shirt with them (not required at tumble sessions).

Black bottoms only - shorts/ leggings/ joggers - flyers should always be wearing shorts even if underneath joggers - these will be removed for stunting sections of the training sessions. Black crop top/sports bra.

You can wear any official Twisted training kit from any season.

Your choice of warm up hoodie or jackets - which must be removed when required.

Hair must be scraped back into a high ponytail to ensure it down not get in athletes way during training.

Gym Rules

- ◆ No chewing gum, is allowed. No smoking in or around The Gym.
- ◆ No alcohol, drugs or illegal substances are to be brought into the gym by any athlete. If seen, or found in possession of an athlete by a coach, the athlete will be immediately dismissed from the programme. (Where items are donation for a raffle, please make sure items are given directly to a coach).

- ◆ Profanity, vandalism or mistreating of the gym or equipment will not be tolerated. Fighting, hitting or unacceptable behaviour are prohibited.
- ◆ Open cuts or abrasions should be covered with a plaster & the coach of the session should be informed on arrival to The Gym.
- ◆ Athletes must stretch and warm up appropriately before working out to prevent injury.
- ◆ Be aware of your surroundings as athletes may be tumbling or stunting around you.
- ◆ Twisted Cheer & Dance Coaches will restrict the skills or equipment that can be used at any given time for any reason.
- ◆ If any of these rules are not followed, you may be asked to leave and will not be due a refund for any training fee's or competitions fee's already paid.
- ◆ Twisted Cheer & Dance Coaches reserve the right to deny entry or ask any person to leave The gym at any time for any reason.
- ◆ Parents may only enter the gym space if invited in by a coach.

GDPR & DATA PROTECTION POLICY

The privacy of all members of Twisted Cheer and Dance is important to us and we want to continue to communicate with you in a way that has your consent and is in line with UK law.

For full details of our Data Protection policy, please go to our Website.

- ◆ We collect the information requested on the our Coacha sign up form and any other forms completed for specific reasons that are necessary for your continued membership of Twisted Cheer and Dance.
- ◆ To confirm your consent for us to continue using your data legally, within the terms of the Data Protection Act and the General Data Protection Regulation 2018 please tick the box & accepting the new Agreement.
- ◆ I give permission for the personal and contact information provided on the Coacha within my Coacha member page to be held by Twisted Cheer and Dance for use where necessary to contact you and register athletes for competition.
- ◆ I give permission for my contact email address to be used to provide all necessary information for future events, promotions and advertisement purposes to do with Twisted Cheer and Dance.
- ◆ I give permission for photographs and video to be taken during authorised events, training sessions and performances and used for coaching and in the promotion of Twisted Cheer promotional purposes. This can be on social media platforms as well as printed advertisements. I waive the right to approve any photographs or video used in promotion.
- ◆ I agree to update Twisted Cheer and Dance should any of the contact or medical information I have provided change and needs updating.
- ◆ I understand that Twisted Cheer and Dance will retain my information until membership has elapsed for one calendar year. My data will then be permanently deleted from Twisted Cheer and Dance records.

LIABILITY WAIVER & INDEMNITY AGREEMENT

As conditions of the participation of the above names athlete in any of the programs or classes conducted by Twisted Cheer & Dance including but not limited to; tumbling, gymnastics, cheerleading, fitness classes, Open Gym's, Cheerleading or Dance camps and Dance classes, whether conducted on or off the Twisted Cheer & Dance Gym, *I agree to the following:*

- ◆ I waive any claim to bodily injury, personal injury or property damage against Twisted Cheer & Dance, it's officers, directors, employees and insurers and the owner's of the premises and equipment used in connection with any programmes of Twisted Cheer & Dance, arising out of an athlete's participation in any of the programme's of Twisted Cheer & Dance, or travel for the purpose of participating in any such programmes or events.
- ◆ I understand that this waiver extends to injuries incurred by any member of my family, including the athlete names above, myself or any other family member.
- ◆ This agreement shall remain in effect as long as and whenever our child participates in any activity at or with Twisted Cheer & Dance.
- ◆ If this agreement is not effective to waive liability on behalf of the athlete, ourselves, or any other family member, we further agree to indemnify Twisted Cheer & Dance for it's liability including all costs, fees and expenses incurred by Twisted Cheer & Dance in connection with such liability.
- ◆ Twisted Cheer & Dance Coaches reserve the right to deny any person from entering The Gym or attending specific classes.

Authorisation of Medical Care:

In case of illness or injury, if I cannot be reached, I authorise and desire medical care for the above named Athlete at the discretion of the attending First Aid trained coach and/or competent medical authorities. I accept responsibility for any cost this may incur (if abroad).

Acceptance of all Twisted Cheer and Dance Policies as seen by following this link:

<https://www.twistedcheeranddance.co.uk/policies>

- ◆ I have read and understand Twisted Cheer & Dance rules and policies and agree to abide by them through the course of my, and my families involvement in the programme.