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**Welcome to Key City Gymnastics Club**  
**Building Healthy Futures Through Sport**

## **KEY CITY GYMNASTICS RECREATIONAL GUIDELINES & SAFETY RULES**

### **KEY CITY GYMNASTICS SOCIETY MISSION STATEMENT**

Key City Gymnastics Society is a family focused, not-for-profit society, whose mission is to offer inclusive gymnastics and related programs to the people of the Cranbrook and district community. We provide opportunities to develop fitness, health and personal excellence in a fun and safe environment.

### **KEY CITY GYMNASTICS SOCIETY VISION STATEMENT**

Key City Gymnastics Society will provide access to people from all walks of life to participate and enjoy gymnastics and related activities. The Club will value and respect everyone, encourage learning and support the achievement of personal goals in a safe and healthy environment.

All members of Key City Gymnastics will be respected and valued. As engaged members, they will feel a sense of belonging, community, loyalty, and will enjoy contributing to the overall well-being of the club.

The board and staff will work together to establish the strategic direction, long term framework, and succession plan to ensure that passionate professional people are the leaders of the club's activities and mission.

### **KEY CITY GYMNASTICS SOCIETY VALUES**

Key City Gymnastics Club will endeavor to create an inclusive, caring and supportive sport culture that values our members, participants, coaches, board, volunteers, supporters and sponsors.

Key City Gymnastics Club will adhere to the highest standards of ethical behavior, integrity, honesty, sportsmanship, fiscal responsibility, transparency, and accountability.

Key City Gymnastics Club will foster and encourage the pursuit of excellence in governance, management, program delivery, recreation, competition, volunteerism and participation in all activities.

## KEY CITY GYMNASTICS BOARD OF DIRECTORS

Key City Gymnastics is a not for profit organization. We value our members and would love to hear from you. We are looking for new members to join our Board of Directors. If you are interested please email [usat.board.keycitygymnastics@gmail.com](mailto:usat.board.keycitygymnastics@gmail.com).

## GYM GUIDELINES & SAFETY RULES

To keep students safe, parents, guardians and students should be familiar with the following guidelines.

### DROP OFF & PICK UP

1. Please ensure that your children do not arrive at the gym more than 15 minutes prior to their class. We cannot guarantee the gym will be open prior to that time, therefore supervision may not be provided.
2. Please pick up your children no later than 10 minutes following their class. This reduces the undue stress for your child as they can become very anxious when not picked up promptly. Coaches may have other coaching obligations or it may be the end of their shift.
3. The safety of your child is very important to us. If you do find yourself in a situation where you know you will be late please call the office and ask that the office manager let your child's coach know. We will have your child wait downstairs in the kitchen area until they are picked up.
4. All children are to wait inside the building for their ride to arrive. No child should be outside of the building without the supervision of an adult.
5. Please ensure your child knows who will be picking them up. If someone new/unfamiliar to our staff is going to be picking up your child please let the office manager or your child's coach know.

### IMPORTANT REMINDERS

1. Parents/guardians are responsible for the safety and conduct of their child/children in the waiting areas.
2. Only children insured and enrolled in the program are permitted on the gym floor and/or equipment.
3. Children are required to wait for their coach to call them to their class before entering the floor or practicing on the equipment. They are not permitted to be on any equipment before, during, or after class without a coach in attendance.
4. No running, gymnastics, or horseplay in the waiting areas.
5. Parents/guardians, please ensure that you and/or your children do not lean on or over the glass in the viewing area. It has been reinforced and set up so that there is unobstructed viewing but it is not to be used as a barrier and leaning over it could result in a fall.
6. Please do not call out from the viewing area. There are recreational and competitive athletes training and this can be very disruptive and dangerous.
7. Parents please do not enter the gym – unless you are in a child participation class with your child.
8. Adults please do not enter the change rooms. There are public washrooms available for adults.
9. No flash photography.
10. KCGC is not responsible for lost or stolen items.

### INJURIES & CLASS CONCERNS

1. Children should report any injuries to their coach and always let them know if they are feeling sick or get hurt. With your child's safety in mind we ask that parents/guardians inform the gym of any medical or physical problems that have occurred outside the gym as well. It is important to have this information to ensure your child is training safely during their gymnastics class.
2. If your child is having problems in his/her class that are making it difficult for them to attend, it is very important that we are made aware of this. We want your child's time with us to be a positive experience and one that enhances not only their gymnastics skills and abilities but also positively

impacts their confidence and self-esteem. Please contact the office and they will ensure that you are contacted by the staff member who is best able to assist you. It is our hope that you will feel comfortable sharing your concerns and that we will be able to work together to come up with a resolution for your child.

### WHAT TO WEAR

1. Wear a proper fitting t-shirt and shorts (jogging pants as the weather gets colder).
2. Girls are welcome to wear bodysuits. New suits are brought in 2-3 times per year and there are often gently used second hands suits for sale.
3. Large baggy clothing or clothing with dangling strings, beads or similar items should not be worn.
4. Bare feet only please.
5. Please have hair tied back.
6. No jewelry other than small stud earrings.

### FOOD & DRINK

1. All food must remain and be eaten in the kitchen. Athletes are welcome to use the fridge to keep items cold. Please ensure all storage bags and/or containers have your child's name on them in large print.
2. There is a drinking fountain available for use in the kitchen or your child can bring their own water bottle.
3. No gum or candy is allowed during class time.
4. **Due to Key City having gymnasts with severe allergic reactions, nuts or any nut products are NOT permitted in the gym.**

*Thank you! We appreciate your cooperation with the above guidelines.*

