

London Falcons Trampoline Club Policies

Club Policies and Procedures 2026

Introduction

All coaches, participants, parents and visitors are required to comply with the policies outlined below at all times. These policies have been established to ensure a safe, fair and supportive environment within the London Falcons Trampoline Club

Adoption of British Gymnastics Policies

The London Falcons Trampoline Club (Falcons) fully adopts and implements the policies issued by British Gymnastics (BG). For further information, copies of BG policies are available upon request from the Club or may be downloaded directly from the BG website.

Key British Gymnastics Policies Observed by Falcons Trampoline

London Falcons Trampoline Club adheres to a range of BG policies, including:

- Health, Safety & Welfare
- Safeguarding
- Equal Opportunities
- Code of Practice
- Equality
- Privacy
- Photography
- Anti-Doping
- Body Piercing & Adornments

Additional London Falcons Trampoline Club Policies

In addition to BG policies, London Falcons Trampoline Club maintains its own policies to address club-specific needs:

- **Zero Tolerance to Bullying:** Please refer to the club rules for further details.
- **Emergency Procedures and Accident Procedures:** These are available to view upon request from the Club Manager.
- **Health & Safety Policy:** FALCONS TRAMPOLINE recognises its obligations under relevant Health & Safety acts and regulations, striving to ensure the safety, health and wellbeing of trampolinists, coaches and helpers involved in club activities.

Commitment to Health & Safety

Falcons Trampoline is particularly committed to:

- Providing a safe and healthy training and competitive environment for trampolinists and coaches by assessing and controlling risks associated with participation.

- Ensuring coaches and helpers are appropriately trained.
- Reviewing arrangements regularly and introducing additional measures as necessary and reasonably practicable for the operation of club business.

Legal Compliance

London Falcons Trampoline Club adheres to the following Acts of Law:

- Human Rights Act 1998
- Data Protection Act 1998
- Health and Safety at Work Act 1974
- Race Relations Act 1976 and 2000
- Sex Discrimination Act 1975
- Disability Discrimination Act 1995
- Care Standards Act 2000

Procedures for Complaints and Disciplinary Issues

As an affiliated club of BG, London Falcons Trampoline Club follows the procedures for complaints, disciplinary issues, membership suspensions and expulsions as set out by BG. Please consult the club rules for information on the complaints procedure.

London Falcons Trampoline Club will adhere to its own procedures for dealing with complaints in the first instance. If a matter cannot be suitably resolved at club level, BG procedures will subsequently be implemented.

Facility Safety and Maintenance

London Falcons Trampoline Club recognises its responsibility to provide and maintain a safe facility. Coaches conduct monthly safety checks on club equipment and identify facility defects. The Club is committed to rectifying any deficiencies discovered.

All coaches are expected to take day-to-day responsibility for identifying equipment or facility defects and report them to the Equipment Officers.

Membership and Insurance

All participants and coaches involved in gymnastic disciplines at London Falcons Trampoline Club are members of BG. They are eligible to access BG's member-to-member insurance scheme.

Coach Training and Suitability

London Falcons Trampoline Club ensures that all coaches are suitably trained, qualified and appropriate for their duties. Coaches are regularly given opportunities for further coaching education and additional training.

All coaches have undergone DBS checks and are up to date with safeguarding requirements in accordance with BG and local authority guidelines, affirming their suitability to work with children.

Safe Working Practice

All London Falcons Trampoline Club coaches are required to maintain accepted, good and safe working practices at all times.

London Falcons Trampoline Club Code of Practice and rules

For the safety of all the following rules must be observed , **please read carefully**

1. Participants must wear sports clothes or leotards with socks or trampoline shoes on their feet. Trainers will need to be worn for leaving the hall or for any the session warmups.
2. No jeans, hooded tops, crop tops or clothes with buttons or zips to be worn on the trampoline.
3. Hair must be tied back; no jewellery is allowed to be worn (including body piercing) when on the trampoline. If ears have been pierced must be taped by yourself– allowed for 6 weeks only then need to be taken out
4. Those participating must not use mobile phone/other devices during the session. If for videoing yourself (*only, not each other*) specific permission must be given by an adult coach ON EACH OCCASION.
5. Parents are asked not to use their phones in the session, if you need to do so, please exit the sports hall if possible.
6. f you wish to take video or photos of your child you need to ask permission from the Head/ Lead Coach; it is also expected for you not to get any other children in the video/photo.
7. All drink bottles must be placed at the side if the hall. Proper sports bottles are required to prevent spillages. Under no circumstances are hot drinks to be consumed near the trampoline.
8. No food is to be consumed throughout your child's session.
9. It is expected that at the beginning/end of each session that participants, parents and other volunteers help to put out/away the safety mats only.
10. Only coaches or trained volunteers can put out/away the trampolines.

Safety and Spotting

1. All those participating in the session must remain by and always stand by the trampoline. Children who continually move away from the trampoline when they should be spotting may be asked to miss a go as not ready for their turn on the trampoline.
2. Those participating my not leave the hall without permission of the qualified coaches. Toilet/personal breaks should be unaccompanied – not in groups.
3. Under no circumstances are participants allowed to leave the sports hall during the session. At the end of the session, participants must make it known to coaches that they are leaving by initialling the sign out sheet.
4. Use the trampoline responsibly and only in the presence of a qualified coach.
5. Running around, going underneath or swinging on or under the trampoline is not permitted. Running is not allowed at any time in the sports halls other than to warm up at beginning of each session.
6. Participants should always sit down on the white bed part of the trampoline bed and roll onto their stomach when getting off the trampoline to prevent falling off or tripping up at the edge of the trampoline.

7. If your child is under 8 you will be required to stay in the session, you will be asked to stand by the trampoline and spot for your child for safety reasons.
8. Whilst spotting parents are asked to focus on the safety of their child, paying attention when they are on or standing by the trampoline. Younger children are not to be held in parents' arms as they need to be free to catch or support their child if they venture too close to the edge of the trampoline.
9. We strongly suggest younger children who are not participating are not brought to the session as are a distraction and can become dangerous. If it is necessary, we expect them to be in a pushchair or to sit quietly with an activity to do.
10. Only participants old enough to spot, the participant's parent and the coach can be on the safety mats next to the trampoline at any one time. If for any reason parents are unable to spot for their child, it is their responsibility to ensure that another adult or appropriate height child is available to perform this task during their child's allotted time. This is not the responsibility of the coaches present and failure to comply could result in the child being removed from the lesson
11. To ensure that trampolining is safe we may need to use recognised techniques to teach and support your child learning new skills, we may use a belt to support or hand support to develop your child's skill which will include physical touch to guide your child to do a skill safely and correctly

(British Gymnastics Code of Practice) The Trampolinist/Pupil must:

1. Always inform the coach/teacher of any medical condition or medication which could affect performance.
2. Always inform the coach/teacher of any accident in the last 6 months which resulted in unconsciousness from a blow to the head.
3. Use the trampoline only when a coach/teacher is present and has given permission.
4. Wear sports clothing and non-slip footwear, tie hair back and keep nails short.
5. Pay attention when spotting. Be attentive to the coach/teacher and attempt new skills only after progressive training and permission.
6. Avoid going under or swinging under the trampoline or end-decks. Avoid getting involved in 'tests of daring'.
7. Avoid stepping on the bed when someone else is bouncing.