

USEFUL INFORMATION- Please read before your gymnast attends their class

Our entrance– Please park in the main car park, walk towards the antiques centre and under the tunnel (other companies will still be using this tunnel to drive under so please be careful and keep hold of young children) you will then see our new shed like entrance at the far end of the car park. Please respect that it is a one-way system so enter through the door on your left.

Parking eye- There has recently been a parking eye installed in the Cambrian works car park, you have 30 mins free to drop and go, if you plan on staying for longer than 30 mins please let the coach that greets you at the door know and they will help you input your car registration, this will then give you free parking for up to 3 hours.

**Please note that we have no control over this parking system and if you receive a parking ticket you will need to contact the company direct.

Can I come in the building and watch my gymnast? Unfortunately, we are still unable to allow adults into the building. We will keep you all updated on this and as soon as we are able and feel it is safe to do so we will re-open our viewing area and welcome you all back in.

Can we use the changing rooms/toilets? The changing room facilities are still out of use, please bring your gymnast ready for their class, light clothing and jackets can be put over leotards on cold days and removed with their shoes before they enter the building. Toilets are in use for our gymnasts to use during their class.

What should my gymnast wear? Leotard and shorts are perfect but if your gymnast does not own a leotard then t-shirt and shorts/leggings are fine. Please make sure their clothing is not too baggy and has no loose bits that can get caught, Girls are not to wear crop tops this will hurt their stomachs when using certain equipment.

If your gymnast has managed a growth spurt over the past 12months, we can help with leotards and we love having pre-loved ones in to sell on for you.

Hair must be tied back before entering the gym.

Earrings must be removed before entering the gym – If your gymnast cannot remove their earrings due to having them pierced for less than 6 weeks, we ask that you tape them before they enter the gym.

What does my gymnast need to bring with them? Themselves, a smile, plenty of enthusiasm and something to drink, their drink must be in a labelled bottle.

What if we are running late? If your gymnast is more than 5 minutes late, they will not be able to attend their class, there are no exceptions to this rule, for the sake of our track and trace system, and the safety of your gymnast having to warm up properly before class we ask that you please arrive on time. If you find it a big rush to get to your chosen class, let us know and we will work with you to find one that you can get to more comfortably.

Membership For those of you that might have received an email from British Gymnastics stating that your gymnast is no longer insured, please do not worry ~ we insured all our gymnasts and our club with UK Gymnastics this time. If there is an issue with your gymnast's membership, we will let you know.

Welcome to the Border Counties gymnastics family.

If you think there is anything we have missed that would be useful for everyone to know please let us know.