



**WELCOME TO FALCONS GYMNASTICS ACADEMY
IMPORTANT INFORMATION AND FAQ's**

IMPORTANT INFORMATION & F.A.Q

WHERE IS FALCONS
LOCATED?

PAYMENTS - HOW DO I
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BRITISH GYMNASTICS
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INFORMATION

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FROM FALCONS

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GROUP?

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MEMBERSHIP?

CONTACTS

WHERE IS FALCONS LOCATED?

YOU WILL FIND FALCONS LOCATED TO THE REAR OF THE TARKA TENNIS CENTRE.

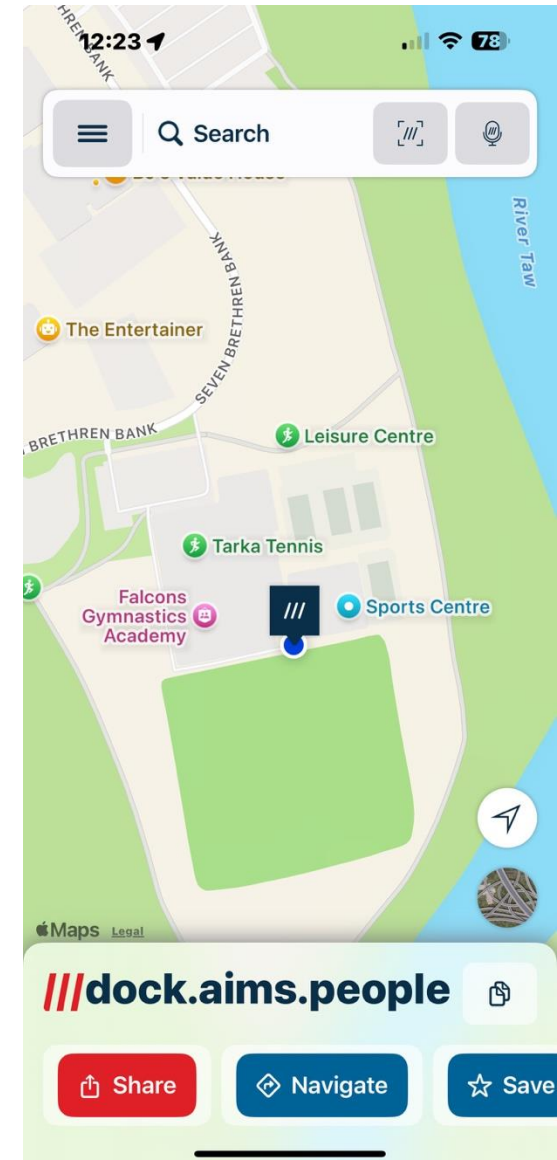
WALK AROUND THE BACK OF THE BUILDING AS IF YOU ARE GOING TO THE FOOTBALL AND ALL-WEATHER PITCH - YOU WILL THEN SEE OUR BUILDING.

CLICK ON THE LINK BELOW TO WATCH A VIDEO OF HOW TO GET TO FALCONS

<https://youtu.be/MJe9mK917KI?si=TGiIIS9OhLidjT>

OUR ADDRESS AND POSTCODE: Falcons Gymnastic Academy, Seven Brethren Bank, Sticklepath, Barnstaple EX31 2AS

What3Words – dock.aims.people



PAYMENTS

- ONCE YOU HAVE BEEN OFFERED A PLACE AT FALCONS, WE WILL SEND YOU OUR WELCOME PACK. THIS IS WHERE YOU WILL FIND THE LINK TO SIGN YOUR CHILD UP AND PAY FOR YOUR CHILD'S FIRST TRIAL SESSION
- For help and information to the sign-up process please use this link [PARENTS GUIDE TO OUR ONLINE MEMBERSHIP SYSTEM - CLICK HERE](#)
- OUR SESSIONS ARE PAID PER HOUR AND ARE PAID IN ADVANCE, MONTHLY, VIA DIRECT DEBIT. PAYMENTS REQUESTED BY US FROM YOUR BANK ON THE 1ST WORKING DAY OF EACH MONTH AND THEN LEAVE YOUR ACCOUNT WITHIN 5-7 WORKING DAYS. YOUR MONTHLY MEMBERSHIP PLAN WILL BE ADDED TO THE DIRECT DEBIT AFTER THE FIRST SESSION, UNLESS YOU LET US KNOW IMMEDIATELY THEY DO NOT WISH TO RETURN. THERE IS A YEARLY £15 MEMBERSHIP FEE FOR SCHOOL AGED CHILDREN AND £5.00 FOR PRE-SCHOOL AGED CHILDREN
- YOU WILL BE CHARGED FOR HOW MANY WEEKS THERE ARE WITHIN THE MONTH FOR EXAMPLE IF THERE ARE 5 WEEKS IN SAID MONTH YOU WILL BE CHARGED FOR 5 WEEKS.
- ALL CHILDREN THAT ATTEND FALCONS MUST HAVE BRITISH GYMNASTICS INSURANCE - YOU WILL FIND ALL THIS INFORMATION IN OUR WELCOME PACK.
- SESSIONS WILL NEED TO BE PAID FOR WHETHER THE GYMNAST DOES THE SESSION OR NOT. THIS INCLUDES WHEN THEY ARE OFF DUE TO ILLNESS, GO ON A FAMILY HOLIDAY ETC
- FALCONS WILL NOT REIMBURSE FEES IF IT IS FORCED TO SHUT DUE TO AN ACT OF GOD, OR IF DIRECTED TO CLOSE BY THE GOVERNMENT DUE THE WEATHER WARNING.



BRITISH GYMNASTICS MEMBERSHIP

- EVERY CHILD THAT ATTENDS A BRITISH GYMNASTICS AFFILIATED CLUB MUST ALSO BE A MEMBER OF THE NATIONAL GOVERNING BODY (NGB)
- THE NGB CHARGES A MEMBERSHIP FEE - COST IS DEPENDENT ON THE LEVEL OF GYMNASTICS YOUR CHILD IS DOING. THIS IS RENEWED EVERY OCTOBER AND NOT FROM THE DATE YOU TOOK IT OUT.

British
Gymnastics

CAN I COME IN AND WATCH MY CHILD

FROM THE 4TH JULY 2022 WE WILL ONCE AGAIN BE ALLOWING PARENTS TO COME IN AND VIEW. THE SPACE WILL BE LIMITED AND STANDING ONLY. IF SOMEONE HAS A SPECIFIC MEDICAL NEED WHERE A CHAIR IS NEEDED THEN THIS CAN BE ACCOMMODATED IF BOOKED IN ADVANCE. PLEASE EMAIL mike@falcons gym.co.uk FOR A SEATING REQUEST.



- SPECTATORS ARE REQUIRED TO STAND IN THE DESIGNATED VIEWING AREA AND NOT TO STAND IN THE HATCHED AREA.
- SPECTATORS MUST NOT STAND IN FRONT OF THE TOILETS.
- HOT DRINKS ARE NOT PERMITTED INTO THE GYM
- NO PHOTOS OR VIDEOS CAN BE TAKEN DURING A SESSION, AS SOME CHILDREN DO NOT HAVE PHOTO CONSENT.
- PARENTS MUST NOT BRING IN CAMPING CHAIRS AS OUR FIRE RISK PLAN NEEDS US TO HAVE CLEAR WALKWAYS

WELFARE

GYMNASTS SAFETY

- WE FEEL THE WELFARE AND SAFETY OF ALL THE GYMNASTS IS PARAMOUNT. WE HAVE A TEAM OF WELFARE OFFICERS THAT ARE MADE UP FROM EXPERIENCED PROFESSIONALS WHO ARE ALL FULLY TRAINED IN SAFEGUARDING AND COMPLETED A TIME TO LISTEN WELFARE COURSE.
- ALL COACHES THAT WORK AT FALCONS HAVE COMPLETED A SAFEGUARDING CHILDREN COURSE, WHICH IS RE-TAKEN EVERY 3 YEARS.
- IF ANY PARENTS WOULD LIKE TO TO JOIN THIS TEAM PLEASE EMAIL
- THE WELFARE TEAM - safeguarding@falcons gym.co.uk



WELFARE →

DROP OFF AND PICK UP

ALL CHILDREN UNDER THE AGE OF 14 MUST BE DROPPED AND PICKED UP BY A PARENT OR BY A RESPONSIBLE ADULT.

IF YOUR CHILD IS BEING PICKED UP BY SOMEONE ELSE OTHER THAN A PARENT WE MUST BE INFORMED OF THIS BEFOREHAND - WE WILL NOT ALLOW A CHILD TO GO OFF WITH SOMEONE YOU HAVE NOT TOLD US ABOUT

CHILDREN UNDER 14 YEARS ARE NOT PERMITTED TO LEAVE THE BUILDING AND WALK TO THE CAR PARK BY THEMSELVES. WE WILL KEEP THE CHILD IN THE GYM UNTIL THE DESIGNATED ADULT ARRIVES.





WHAT SHOULD MY CHILD WEAR?

- WHEN YOUR CHILD FIRST STARTS WE ARE HAPPY FOR THEM TO WEAR SHORTS / LEGGINGS AND A T-SHIRT. IF YOUR CHILD WOULD LIKE TO WEAR A LEOTARD THIS CAN BE PURCHASED FROM OUR ONLINE SHOP - LINK IN YOUR WELCOME PACK. IF YOU WOULD PREFER TO BUY ONE FROM AN ALTERNATIVE SOURCE THEN THIS IS FINE.
- PLEASE NOTE WE CAN NOT ALLOW CHILDREN TO TRAIN IN ANY JEANS, DRESSES OR ANYTHING THAT HAS BUCKLES, BELTS OR ZIPS.
- LONG HAIR MUST BE TIED BACK
- TO PURCHASE LEOTARDS - <https://falcons gymnastics.co.uk/shop/>



MY CHILD JUST GOT THEIR EARS PIERCED WHAT NOW?

- IF YOUR CHILD HAS RECENTLY HAD THEIR EARS PIERCED, THEY CAN COVER THEM WITH TAPE FOR THE FIRST 6 WEEKS. ONCE THE 6 WEEKS IS OVER, THEY WILL HAVE TO BE TAKEN OUT OR THEIR INSURANCE WILL BE INVALID.





EXTRA SESSION!

**MY CHILD WANTS TO
DO MORE THAN 1
SESSION IS THIS
POSSIBLE?**

- YES!
- IF YOU WOULD LIKE YOUR CHILD TO DO AN ADDITIONAL SESSION, PLEASE RE ADD THEM TO OUR WAITING LIST, WHERE IT SAYS, "PREVIOUS EXPERIENCE" PLEASE PUT WHAT SESSION THEY CURRENTLY ATTEND AND THAT THEY WOULD LIKE AN ADDITIONAL SESSION - AS SOON AS WE HAVE A SPACE AVAILABLE, WE WILL CONTACT YOU.

HOW CAN I TELL HOW MY CHILD IS GETTING ON?

- DUE TO THE HIGH NUMBER OF CHILDREN WHO ATTEND OUR CLUB UNFORTUNATELY WE CANNOT GIVE EVERY PARENT UPDATES AT THE END/ BEGINNING OF SESSIONS.
- EVERY SESSION THE COACHES WILL CHOOSE A STAR OF THE WEEK FOR THEIR HARD WORK OR IF THEY HAVE ACHIEVED SOMETHING GREAT WITHIN THE SESSION.
- CHILDREN WORK ON THE FALCONS GYMNASTIC ACADEMY PROFICIENCY AWARDS EVERY SESSION. ONCE YOUR CHILD HAS ACHIEVED THEIR AWARD YOU WILL BE EMAILED ABOUT HOW YOU CAN PURCHASE THE CERTIFICATE AND MEDAL - SEE NEXT SLIDE FOR MORE INFORMATION ABOUT AWARD SCHEME.
- ONCE A YEAR (CHRISTMAS TIME) OUR COACHES WILL WRITE A SHORT PROGRESS REPORT FOR THE RECREATIONAL CHILDREN. THIS WILL BE EMAILED OUT TO ALL PARENTS.



FALCONS RECREATIONAL AWARDS

INDIGO

CORE

FALCONS GYMNASTICS ACADEMY PROUDLY
PRESENTS THIS CERTIFICATE TO

EXAMINER

DATE


HEAD OF RECREATION

WHAT IS THE PROFICIENCY AWARD SCHEME

- THE PROFICIENCY AWARD SCHEME IS A GREAT WAY TO MONITOR YOUR CHILD'S PROGRESS.
- AS A CLUB WE OPERATE A CORE AND APPARATUS PROGRAM. THESE ARE CALLED OUR RAINBOW AWARDS.
- APPARATUS AWARDS ARE CARRIED OUT DURING THE CHILD'S NORMAL GYMNASTIC LESSONS, HOWEVER DUE TO TIME CONSTRAINTS THE CORE AWARDS ARE OFFERED AS AN ADDITIONAL WORKSHOP AWARD DURING THE SCHOOL HOLIDAYS,

DOES MY CHILD HAVE TO COMPETE?

- MOST CHILDREN LOVE TO SHOW HOW AMAZING THEY ARE AND MAKE THEIR PARENTS PROUD. WE HOLD AN ANNUAL RECREATIONAL CLUB COMPETITION, WHICH IS A FUN EXPERIENCE WHERE EVERYONE GETS REWARDED. ITS A GREAT WAY TO INTRODUCE CHILDREN TO THE CONCEPT OF COMPETING IN A SAFE ENVIRONMENT WHERE EVERYONE ACHIEVES. THIS IS OPEN TO ALL RECREATIONAL MEMBERS OF THE CLUB. HOWEVER, WE DO NOT PRESSURE ANY GYMNAST INTO COMPETING.



I THINK MY CHILD SHOULD BE IN YOUR COMPETITION SQUAD WHAT SHOULD I DO?

- ALL OUR CLASSES ARE CONTINUALLY MONITORED TO MAKE SURE EVERY CHILD IS IN THE CORRECT GROUP. OUR COACHES REGULARLY COME TOGETHER TO DISCUSS THIS, IF WE FEEL YOUR CHILD NEEDS TO MOVE CLASS FOR WHATEVER REASON WE WILL CONTACT YOU TO LET YOU KNOW.



I WANT TO CANCEL MY CHILD'S MEMBERSHIP HOW DO I DO THIS?

- WHEN LEAVING FALCONS, YOU MUST GIVE US 1 MONTH'S NOTICE IN WRITING.
- PLEASE EMAIL US ON admin@falconsgym.co.uk TO LET US KNOW YOU ARE PLANNING ON LEAVING AND WE CAN CANCEL YOUR MEMBERSHIP & ANY PAYMENTS AFTER YOUR NOTICE PERIOD IS COMPLETE.
- FOR US TO CONTINUALLY IMPROVE WE WELCOME FEEDBACK AS TO WHY YOUR CHILD HAS DECIDED TO LEAVE.





CONTACT DETAILS

COACHING DIRECTOR - MIKE BEAGLEY - mike@falcons gym.co.uk

ADMIN TEAM - admin@falcons gym.co.uk

WELFARE TEAM - safeguarding@falcons gym.co.uk

WOMENS ARTISTIC HEAD COACH - KELLY PARK - kelly@falcons gym.co.uk

MENS ARTISTIC HEAD COACH – NEILL GUY – neill@falcons gym.co.uk

PRE-SCHOOL AND RECREATIONAL GYMNASTICS – natasha@falcons gym.co.uk

TELEPHONE - 01271 859191 (Please note an email is often the quickest way to get a response)