



# Fraser Valley

*Rhythmic Gymnastics*

Updated April 2019

## Contents

<b>FVRG Information.....</b>	<b>3</b>
Values.....	3
Vision Statement .....	3
Mission Statement.....	3
<b>General Information.....</b>	<b>4</b>
Coach Communication .....	4
Gym Parking .....	4
Holidays and Celebrations.....	4
Semi-Open Gym Policy.....	4
Inclusion Policy .....	5
Taking Pictures and Videos .....	5
Class Participation While Injured.....	5
FVRG Return to Play Guidelines .....	6
Emergency Procedures .....	7
Other Sports and Activities .....	7
Nutrition and Hydration.....	8
Class Re-Adjustments and Cancellations .....	8
Funding Assistance .....	9
Contact Information.....	9
<b>Responsible Coaching Movement – Coaching Association of Canada .....</b>	<b>9</b>
<b>Behavior Expectations.....</b>	<b>10</b>
Gymnasts.....	10
Parents .....	11
Social Media .....	12
Right to Refusal.....	12
<b>Program Information .....</b>	<b>12</b>
Gymnast Placement in Classes .....	12
What to Wear and What to Bring.....	12
Body Balance .....	13
Music and Choreography Policies.....	13
<b>Apparatus and Gear .....</b>	<b>14</b>
Purchasing RG Equipment and Apparatus .....	14
Purchasing FVRG Gear .....	14
<b>Competitive Programs.....</b>	<b>14</b>
Competitive Program Entry.....	14
Additional Fees and Purchases.....	14
Competition Participation .....	16
Competition Participation – Injuries.....	16
Competition Travel Policies and Costs.....	16
Understanding our Provincial Level system and Judging.....	16
Parent Education .....	17

## **FVRG Information**

### **Values**

- **Integrity:** Genuine, honest behaviors reflect individuals with good characters.
- **Respect:** Courteous words and generous action demonstrate the value we place on others.
- **Tenacity:** Perseverance through personal challenges contributes in a large way to personal development.
- **Growth:** Expand personal borders with new experiences and challenges.
- **Beauty:** One is better able to understand themselves, others and recognize true beauty in all its forms through unique human movement.
- **Fun:** Enjoying exercise and movement is crucial to the healthy development of individuals.

### **Vision Statement**

A model for other sport organizations, involving many different aspects of community, all coming together to promote the development of individuals, Rhythmic Gymnastics, and sport in general.

### **Mission Statement**

To promote personal growth in individuals by encouraging participation at all levels and roles within the sport of Rhythmic Gymnastics in the Fraser Valley.

*Growth in our sport is reflective of the personal growth of our athletes!*

## **General Information**

### **Coach Communication**

Coaches will have classes before and after your child's class, and will not have much of an opportunity to speak with parents. If you would like to speak to your child's coach, please contact FVRG directly ([fvrgh@fvrhythmics.com](mailto:fvrgh@fvrhythmics.com) or 604 392 2555), so we can facilitate a meeting time. Alternatively, we are happy to pass along messages to coaches.

### **Gym Parking**

FVRG asks families to respect our neighbor business, and only park in the designated FVRG parking spots to the front, and side of our gym, while other businesses are open. Additional parking can be found on the road by the entrance of the complex. Parents who plan on staying for the full length of their child's program should plan to park on the road.

### **Holidays and Celebrations**

Coaches enjoy celebrating seasons and special occasions with gymnasts. While we will not promote any individual religious beliefs within programs, we want to encourage gymnasts to bring the fun of the seasons into the gym, and we do so with theme days every few months. We support the choice of your family, should your child not participate in theme days for whatever reason. Please contact us if you have any questions.

### **Semi-Open Gym Policy**

FVRG has a Semi-Open Gym Policy, which means we allow parents and siblings to watch all FVRG programs, but we encourage other family members and friends to support gymnasts at the Class Performance. Parents are asked to remain in the designated areas ('Fan Zone'), unless the coach has otherwise requested. The Fan Zone space is designed to allow parents to view their children's classes while still maximizing the space for the gymnasts use, concentration and safety. Parents will have the opportunity view their child's progress at our class performance and participate in classes with their child during select special event classes. To protect our gymnasts and coaches, FVRG reserves the right to ask individuals who could be detrimental to program success, or who may compromise gymnast or coach safety (including parents), to leave the gym. Should these individuals choose to not voluntarily leave the facility, authorities will be contacted to ensure a continued safe environment.

## **Inclusion Policy**

- **Gender:** FVRG programs are open to gymnasts who identify with any gender. If the gymnast would like to be referred to by a specific gender pronoun, please inform the coach of the class or FVRG administration.
- **Disabilities:** FVRG believes that gymnastics can improve the mental and physical well-being of all persons. We will do our best to accommodate developmental and physical disabilities, however, we are limited by our equipment, environment and training. Most FVRG coaches do not have specific training in modifying activities for athletes with a disability, and we will therefore not be able to accommodate all disabilities in FVRG classes. We ask that families contact us prior to the class starting, to determine if FVRG will be able to meet the needs of the child. If your gymnast requires one-on-one support, the family may provide an individual for the gymnast. Please discuss gymnast support prior to the program beginning. If you are interested in a class specifically for athletes with disabilities, please contact FVRG administration.

## **Taking Pictures and Videos**

We ask that anyone wishing to take photographs or videos of a class check with the coach beforehand. Photography/videography can be very distracting to gymnasts and it may interfere with the coach's lesson plan. Further, we want to respect the rights and privacy of the other gymnasts. We also ask that parents use discretion when posting such pictures and videos on social media.

Families agree to pictures and videos being taken of their children, and being used by FVRG for promotional purposes within the Family Account policies. Please contact FVRG if your family requests otherwise.

## **Class Participation While Injured**

If a gymnast has experienced a minor injury (eg. small muscle strain), we encourage the gymnast to continue participating in her class and discuss with her coach what she is comfortable and not comfortable doing. Families are encouraged to share their insights as well, to best allow the coach to modify the activities for the gymnast.

Families of gymnasts who are returning to training after a more severe injury (eg. broken bones, severe muscular injury) should discuss the return to activity plan with FVRG that has been recommended by their doctor/rehabilitation professionals. FVRG will work with the gymnasts' coach to ensure the gymnast is progressively included (please see below for specific concussion protocol).

## **FVRG Return to Play Guidelines**

FVRG takes the health of gymnasts very seriously. We are dedicated to ensuring our gymnast can return to training safely and effectively, after a head injury, no matter where or how the injury occurred. Athletes should not return to activity or play until they have completed the 6 Steps to Return to Play and have been cleared by their doctor. A concussed athlete should be removed from activity immediately and should be assessed by a medical doctor. Given that symptoms may worsen later that night and the next day, athletes should not return to their current activity. When athletes are concussed, their ability to assess their situation may be impaired. Post-concussive symptoms may intensify with an increase in activity, so it is important that return to activity is gradual and monitored/supervised by a medical professional.

The 6 Steps to Return to Play include:

**1. No activity, mental and physical rest until symptom free**

*FVRG* = Gymnast stays home.

**2. Light aerobic activity like walking or stationary cycling**

*FVRG* = Gymnast comes to practice and may participate in basic locomotive activities (lines), dance or balance training for short periods of time.

**3. Sport-specific activity like skating or running**

*FVRG* = Gymnast participates in all individual class activities, but will avoid jumps/leaps with arching, inverted activities, flexibility movements that involve the leg kicking towards the head, partner activities, advanced apparatus skills and tosses.

**4. Training drills without body contact**

*FVRG* = Gymnast will participate in full training, but will limit jumps/leaps with arching, inverted activities, flexibility movements that involve the leg kicking towards the head, partner activities, and all apparatus skills to movements deemed moderate difficulty to the gymnast, and will limit the number of repetitions. Routines could be performed in sections.

**5. Training drills with body contact — only once cleared by a physician**

*FVRG* = Gymnast will participate in full training activities. Routines will be performed in full, but limited repetition.

**6. Game play**

*FVRG* = Gymnast will train and perform routines in full.

These steps do not correspond to days, though each step should take a minimum of one day. If symptoms return during this process, athletes should stop the activity and return to rest

until symptoms resolve before they try any activity again. A physician should be consulted if symptoms persist.

**All guidelines have been adapted from the Coaching Association of Canada's Return to Play Guidelines, as outlined in the NCCP's Competition Introduction module, Planning a Practice (2014).**

### **Emergency Procedures**

All FVRG coaches have been trained in First Aid, emergency procedures, and is in possession of the FVRG Emergency Action Plan. Coaches will take charge in a medical or safety emergency. If you have any questions about our emergency procedures, please contact us.

### **Other Sports and Activities**

We encourage all gymnasts, especially those looking to become involved in competitive rhythmic gymnastics, to participate in a variety of sport programs. Developing fundamental movement skills largely happens in gymnastics but is enhanced by participation in other activities. For information about Canadian Sport For Life, and how your child can best be engaged in sport programs, please go to: <http://canadiansportforlife.ca/>

We strongly encourage parents to choose programs where the club is affiliated with their respective Provincial Sport Organization (eg. Rhythmic Gymnastics BC, Gymnastics BC, BC Soccer), and that utilizes the National Coaching Certification Program to train their coaches, for all program levels. Please, check to make sure there are safety procedures, and coach training in place. For information about Provincial Sport Organizations, and how to find quality sport programs, please go to <http://viasport.ca>. We further encourage parents to choose organizations who have made a commitment to keeping athletes safe in sport, by signing the [Responsible Coaching Movement Pledge](#). A list of clubs who have signed the pledge [can be found here](#).

Competitive gymnasts are strongly encouraged to gain sport and movement skills in other programs, particularly for our gymnasts under 12 years old. Participation in other activities will reduce gymnast burnout as the gymnast gets older, reduce overall dropout rates, and will help to ensure a healthy gymnast, with fewer injuries. For the health and safety of our gymnasts, enforces the following maximum training hours:

- Under 8 years: 4.5 hours
- Under 10 years: 6.5 hours
- Under 12 years: 10 hours

Should a gymnast wish to train in excess of the above maximum training hours, the gymnast must be enrolled in at least one additional non-complimentary sport (eg. [Chilliwack](#)

[Ringette](#) or [Kayaking](#)). Please consult [Sport for Life](#) for more information about the importance of multi-sport training.

### **Nutrition and Hydration**

Gymnastics is a demanding sport and requires a great amount of energy. This is especially important when the athlete is a child. Eating properly and staying hydrated will allow a child enough energy to learn more at school and make better use of their time at the gym. A gymnast who eats well and drinks enough water is stronger, faster and more flexible than those who do not pay attention to what they eat. The Canada Food Guide provides some good guidelines for what a healthy individual should eat. Athletes should pay particular attention to hydration levels, and ensuring they are eating properly before, during, and after training sessions.

Specific to training, we have very few rules when it comes to food. Gymnasts must bring a water bottle to each practice. Staying hydrated is extremely important during a workout and having a water bottle within arm's reach at practice is a big help. Gymnasts are asked to limit sports drinks in the gym. If your child's class is longer than an hour and a half, it is suggested that she/he bring a healthy snack. Please ensure that the snack is nut free and try to limit the salt and sugar in their snacks, as that will affect their hydration levels.

Nutrition and hydration are topics covered in our mental skills class. If you have any questions regarding the content discussed, please contact the Head Coach.

### **Class Re-Adjustments and Cancellations**

All classes will run subject to minimum enrollment. If registration is too low, the class will be canceled and participants will be informed – alternative classes will be suggested. Class maximums are dependent on the age and ability of the gymnasts, space in the gym, and the coach's comfort with the group. Our club follows recommendations by BC Rhythmic Gymnastics.

Some classes are purposefully combined, if it is appropriate for the age and ability level of the gymnasts. Class ratios are still enforced.

Anticipated cancellations due to school closures, holidays (eg. Two week winter break, Thanksgiving, Easter, etc.) and gym closures for special events (eg. competitions and shows) have already been factored into the cost of the programs. Families will not be refunded for classes their child has not attended.

Classes that have been cancelled due to unforeseen circumstances (eg. snow, coach illness) will be reschedule either as a make-up class, or a special event of equivalent value.



## **Funding Assistance**

FVRG strives to keep prices affordable for everyone, but we understand that some families will require support to participate. At this time, FVRG is not able to provide direct funding assistance to families. The following are sources of potential financial assistance for youth sport programs.

- Chilliwack Children’s Foundation <http://www.chilliwackchildrensfoundation.ca/index-1.html>
- Athletics 4 Kids - [http://www.a4k.ca/apply\\_now](http://www.a4k.ca/apply_now)
- KidSport - <http://www.chilliwack.ca/main/attachments/Files/1729/Kid%20Sport%20Guidelines.pdf>
- Jumpstart - <http://jumpstart.canadiantire.ca/en/what-we-do/want-to-apply>
- viaSport BC - <http://www.viasport.ca/other-funding-sources>

## **Contact Information**

**Natasha Chappell** – Executive Director

Responsible For: Club management, organizational growth and strategic planning

Email: [Natasha@FVRhythmic.com](mailto:Natasha@FVRhythmic.com)

**Kate Kloos** – Director of Sport Development

Responsible For: Coach training, program development, adapted programming

Email [Kate@FVRhythmic.com](mailto:Kate@FVRhythmic.com)

**Mimi Pan** – Head Coach

Responsible for: recreational and competitive programming, gymnast placement, special requests

Email: [Mimi@fvrhythmic.com](mailto:Mimi@fvrhythmic.com)

## **Responsible Coaching Movement – Coaching Association of Canada**

FVRG has signed the [Responsible Coaching Movement \(RCM\)](#), which is a movement designed to protect athletes and coaches from risky situations in sport. The three areas of focus are:

- **Rule of Two:** This rule serves to protect minor athletes in potentially vulnerable situations by ensuring that more than one adult is present.

*FVRG* = Most often, two FVRG programs run at the same time, so there are two coaches present at all times. Programs are always visible from a secondary area of the gym (ie. The Fan Zone). A coach will never be alone with a gymnast, and if there

is a private class running, another adult must be present in the gym. Parent participation programs (eg. Mom, Dad and Me, Almost Me, Birthday Parties, Playdate) may only include one coach in the gym. Community school programs are run by one coach, with administrative/custodial staff available through the school. These programs are also always visible by families. Competition and competition travel guidelines are followed, as set out by Gymnastics Canada and BC Rhythmic Gymnastics.

- **Background Screening:** The background screening process involves using a number of different tools to ensure coaches and volunteers meet the necessary security requirements to coach or work with athletes.

*FVRG* = All coaches are interviewed prior to beginning with FVRG. FVRG utilizes criminal record checks and reference checks for each coach.

- **Respect and Ethics Training:** Increasing coaches' ethical conduct and ethical behaviour toward athletes requires that coaches be trained to understand what it means to act ethically.

*FVRG* = All FVRG coaches are required to complete Make Ethical Decisions through their NCCP training, and Respect In Sport. FVRG also provides additional training to coaches, outlining communication expectations.

## **Behavior Expectations**

### **Gymnasts**

Gymnasts are taught and are expected to follow the values of FVRG. Gymnasts who do not show understanding of these values in their actions will be asked to sit out of the class; gymnasts who repeatedly do not show an understanding of these values will be asked to leave the program. **Disrespect will not be tolerated.**

FVRG will contact the families of gymnasts who are struggling to meet behavior expectations. Depending on the situation and severity of the issue, parents will be contacted via email, should FVRG determine this is the most appropriate way to communicate. If FVRG is unable to communicate effectively via email, we will attempt via phone or in person.

With the privacy of the gymnast and family in mind, FVRG will attempt to keep conversations confidential. For the safety of FVRG staff, in person conversations will be in public view (though not in earshot), and phone calls may be recorded.

## **Parents**

Parents are welcome to stay for the class duration, sitting in the designated areas for spectators. We encourage parents to not stay for every practice, as it allows the gymnast to practice without always being watched, and will alleviate congestion in the Fan Zone. If you feel you need to support your child from another area, please discuss with us. If you do need to talk to your child during the practice, please let the coach know. Parents trying to communicate with their children during classes (eg. coaching from the sidelines) will be asked to stop, and may be asked to leave the gym, as this is a distraction to both the coaches and gymnasts. Gymnasts are aware that they are not allowed to leave the gym at any time without the coach knowing and we encourage parents to assist us in achieving this by taking young gymnasts to the washroom before class starts and providing a water bottle for training.

Ongoing issues that require a parent-coach meeting will be facilitated by an FVRG administrator. Based on the nature of the issue, the gymnast may or may not be included in the meeting.

Parents may not approach coaches outside of programs to discuss gymnast or program issues. Please respect the coach's privacy and maintain professional courtesy in communications.

We also expect parents to take responsibility for other children they bring into our gym. Siblings will not be permitted to play around the classes, and must stay close to their parents, as to not distract the gymnasts and coaches in the gym.

Parents participating in programming themselves (any adult programming) may not allow their children to sit at the side of the class, and watch, unsupervised. We are unable to provide childcare, and a safe environment for children not in programs.

We encourage parents to complete [Respect in Sport for Parents](#), so they can best support their child in gymnastics, and other sports. We require one parent/guardian from each competitive family (preferably whichever person is typically in communication with FVRG to complete this program and submit their certificate number to FVRG prior to the start of the competitive season. The cost of the program is \$12, and payable directly to the Respect Group.

If you have questions at any time, or have suggestions for programs, please contact us. There are several opportunities for parents to become further involved in club events and the greater Rhythmic Gymnastics community. If you or members of your family are interested in volunteering, please contact us.

## **Social Media**

We ask that all communications through social media go through official FVRG accounts, and not coach's personal accounts. Please be advised that FVRG staff may not reciprocate social media connections with parents or gymnasts, to maintain professional boundaries.

## **Right to Refusal**

FVRG reserves the right to refuse service to any individual or family who poses a risk to the patrons or staff of FVRG. Any individual found to compromise the health and safety of the gym environment may be subject to immediate expulsion from the building and FVRG programs. Additionally, we will refuse service indefinitely to individuals who do not comply with the expectations and policies herein or as outlined in other FVRG documentation. FVRG will provide families written notification of program exclusion. Should disputes escalate, BCRCGF will be notified and legal council consulted.

## **Program Information**

### **Gymnast Placement in Classes**

FVRG will strive to place gymnasts in a class appropriate for both his/her skill level and goals, based on previous program experience with FVRG or in other programs. Returning year-long FVRG gymnasts will have a recommendation from their coach, while others may need to discuss an appropriate class with FVRG, or meet the Head Coach for an assessment.

Gymnasts wishing to enter Advanced or Pre-Competitive classes should be able to confidently perform basic RG skills for their success in their class. Please contact us with questions, or to arrange an assessment.

Once the season begins, if a coach believes that gymnast will not be able to achieve the level of skill development the class will require, the family will be contacted to arrange a transfer. If the family is concerned about the gymnast in his/her class, please contact us to discuss.

### **What to Wear and What to Bring**

All gymnasts are required to dress appropriately for the sport. Bodysuits are ideal, but any form fitting, flexible clothing would be acceptable. If a gymnast chooses to wear pants that are not tights, tight fitting capris are best to avoid tripping. All gymnasts must have long hair pulled back and will have the choice of wearing toe slippers, clean socks (white ankle socks, for competitive), or clean bare feet to practices. Parents with Mom, Dad and Me classes will be required to follow the same guidelines.

Competitive gymnasts are expected to train in black shorts/legging and a form fitting top (bodysuit, tank top, etc). Long hair should be in a bun and gymnasts should wear white socks. We recommend pre-competitive gymnasts follow these same guidelines.

Gymnasts are required to bring a water bottle to each class. He/she is encouraged to bring a snack if class is longer than an hour and a half and a larger snack/meal if the gymnast is in the gym for multiple classes, or more than three hours. All personal items should be left in the gymnast cubbies. Gymnasts are encouraged to leave all valuables at home.

Gymnasts are required to be on time and prepared for class. Warm up is crucial for injury prevention, and for gymnast comfort. Gymnasts who miss the class warm up may be asked to warm up individually to prepare them to join in with their class.

Please note that coaches are engaged with other classes, and are not available to supervise gymnasts before or after classes. Please plan appropriately for the safety of your gymnast arriving to, and departing from classes. Children may not be left unsupervised before or after classes.

### **Body Balance**

Rhythmic gymnastics requires gymnast to perform basic apparatus movements with both hands, and gymnasts are encouraged to train in this manner. Similarly, gymnasts will be encouraged to stretch and develop both sides of their body equally. Gymnasts will not be asked to perform advanced apparatus or body skills with their non-dominant sides, if they are not comfortable doing so.

### **Music and Choreography Policies**

All coaches are instructed to only play music that is appropriate for all ages, and is free of overtly sexual or violent lyrics. Most of the music we use can be heard on local radio (Star FM) and children's movie sound tracks. We will also play instrumental pieces, such as Cirque Du Soleil, which are more traditional to rhythmic gymnastics.

All music and choreography used in our Class Performance, and for competition, must be approved by the Head Coach. If you have questions or concerns about music or choreography, please contact the Head Coach.

## **Apparatus and Gear**

### **Purchasing RG Equipment and Apparatus**

While gymnasts are welcome to use the apparatus that we have in the gym, many gymnasts (especially competitive gymnasts) prefer to own their own apparatus. As we are a small sport, these items can only be purchased via mail order. Our preferred Canadian supplier is RomSport in Quebec ([www.romsport.com](http://www.romsport.com)). FVRG will occasionally put in a club order, and will notify families when planning to do so. Toe slipper can be ordered at the aforementioned locations, purchased at local dance stores or directly through FVRG. There are many brands of toe slippers and there are many different fits. Brand is a personal preference of the gymnast. Competitive gymnasts may compete with bare feet or toe slippers.

### **Purchasing FVRG Gear**

FVRG has items in stock, and available for immediate purchase, while other items will need to be specially ordered. Please contact us for information. These items are optional, and not necessary for participation in programs. If a gymnast loses the tank top he/she is given for the Performances, he/she will be required purchase another one. Gymnasts will be required to wear black shorts for the Class Performance, these shorts are available through FVRG but families are welcome to provide their own. Exchanges and refunds are not accepted on FVRG gear.

## **Competitive Programs**

### **Competitive Program Entry**

FVRG requires that all gymnasts entering a Provincial Stream competitive program have completed a year of pre-competitive training or a year of Interclub competitive. We strongly recommend gymnasts entering Interclub competitive have completed pre-competitive or advanced recreational RG. Gymnasts may be asked to arrange an assessment with the Head Coach to determine the most appropriate class placement.

All gymnasts, new to the competitive program and returning, must interview (accompanied by a parent) with the Head Coach prior to registering. This meeting is to determine the gymnasts' goals, concerns, areas of confidence and discuss program expectations. Interviews must be initiated by the family and can begin as early as March of the previous season.

### **Additional Fees and Purchases**

We feel it is important for families to understand what purchases should be made, before enrolling in programs, and the rationale behind the purchases. We do our best to keep costs down for families. We do not charge additional fees for music cutting or choreography. We

give parents notice of upcoming charges, but any outstanding charges left at the end of each month will be automatically charged to credit cards on file.

- **Bodysuits:** Gymnasts are responsible for their own competition bodysuits. All bodysuit designs and fit must be approved by the Head Coach, or the gymnast may not be permitted to compete in it. If gymnasts are part of a group routine, FVRG will help facilitate coordination of group bodysuits. Each competitive gymnast will have to purchase one team bodysuit, to be worn at performances and competitions. Typically, gymnasts can wear the bodysuit for up to two full years. Bodysuits can likely be resold to younger gymnasts, when it is outgrown. Details about ordering bodysuits will be available each Fall. Gymnasts are only ever required to have one competition bodysuit, regardless of how many competitive routines they participate in. Group gymnasts must all have the same bodysuit. It is recommended that older gymnasts use an under bodysuit for underneath their bodysuits. FVRG has a limited number of rental bodysuits available, priced individually (typically \$20-\$30 per event). Typically, bodysuits are \$200-\$500, depending on the design and where it is purchased from.
- **Tracksuits:** Each competitive gymnast will also have to purchase one team jacket. We will aim to keep this cost low, and may offer more than one option. As with bodysuits, we anticipate gymnasts will be able to wear the tracksuit for more than one year, and can resell afterwards. It can be worn with any black yoga pants/leggings. Gymnasts will also need black shorts.
- **Higher FVRG Registration Fees:** Our registration fees increase in relation to the cost charged to us by the British Columbia Rhythmic Sportive Gymnastics Federation (BCRSGF). BCRSGF insurance covers to cost of participating at BCRSGF sanctioned events. For more information about the BCRSGF, please go to [www.rhythmiccbc.com](http://www.rhythmiccbc.com).
- **Competition Fees:** Each competition will have a participation fee. Fees range from \$50 - \$250 depending on the level of the gymnast, the level of the competition and sometimes the number of routines she will perform. At our discretion, FVRG will add on a small amount per gymnast (usually \$20-\$30 per gymnast), to cover coaches honorariums and local travel. Should the event be outside of the Lower Mainland, participating families will be responsible for covering coach's travel costs/honorariums (costs will mostly depend on competition location and number of gymnasts attending). Fees must be paid prior to the deadline FVRG has communicated, or the gymnast will not be permitted to compete (as per competition organizers). Gymnasts who are unable to compete after fees have already been paid will not be issued refunds (as fees have already been paid to competition organizers).
- **Other:** Gymnasts with long hair will be required to wear hair in a bun for all performances/competitions, and will need to purchase hair accessories (eg. hair pins, elastics, net). Make-up will be specific to the age of the gymnast and preference of the family. FVRG will provide specific make-up directions to those wishing to wear make-up.

### **Competition Participation**

The gymnast and his/her family can decide which competitions to attend in a season. Should the gymnast be a member of a group, the families must decide together. Some competitions are mandatory to participate in, should the gymnast wish to advance to the next level of event (eg. Zones to Provincials). There are certain competitions that have specific rules which govern them (eg. BC Games) and this will be shared with families prior to asking for a commitment. Practices will sometimes be cancelled because of competitive events. No make-up practices will be offered if the event was open to all gymnasts, but will be offered to those who were not eligible to participate.

### **Competition Participation – Injuries**

If a gymnast is recovering from an injury, the gymnast must be cleared by a medical professional to participate, usually a physician. In addition, FVRG requires that the gymnast recovering from injury is able to train and perform his/her routines in full the week leading up to the competition (eg. if the gymnast is not able to train jumps the week before the event, he/she would not be permitted to compete). This is to ensure the safety of the gymnast, given that competition conditions often cause a gymnast to perform differently (usually better!) than he/she normally would, which could cause further injury, if the gymnast is already at risk. If a clear decision cannot be made by the coach, another coach or FVRG administrator will be consulted to make a decision. If the decision results in the gymnast not competing, no refunds will be available for fees paid for the competition.

### **Competition Travel Policies and Costs**

FVRG follows all travel policies set forward by Gymnastics Canada and BC Rhythmic Gymnastics. The cost of coach travel is divided among the gymnasts participating in the event, and therefore will decrease with the more gymnasts who attend the event. Events outside of the Lower Mainland will take into all usual travel expenses, such as account mileage, hotel, per diem for meals, airfare, ferry, taxi/car rental, as well as a coach honorarium.

### **Understanding our Provincial Level system and Judging**

Canada has a Provincial Level system that is the same in each province and BC has an additional program to support the development of our Provincial Level athletes. The Code of Points along with our Provincial Level requirements are complicated and change every year (sometimes more often!). If families are interested in learning more, please contact us and we will look to host a workshop to help parents understand our Provincial gymnasts are judged.



### **Parent Education**

We encourage all parents of competitive gymnasts to complete [Respect in Sport for Parents](#), so they can best support their child in gymnastics, and other sports. We require one parent/guardian from each competitive family (preferably whichever person is typically in communication with FVRG) to complete this program and submit their certificate number to FVRG prior to the start of the competitive season. The cost of the program is \$12, and payable directly to the Respect Group.