



## **Zoom Classes**

### **Main Zoom Classes:**

Tuesdays 3.15-3.45pm

Thursdays 3.15-3.45pm

Sundays 3.15-3.45pm

### **Focused Group Classes:**

#### **Adult**

Tuesdays 8-8.30pm

#### **Preschool**

Saturdays 11-11.30am

#### Terms & Conditions for Zoom Classes

1. For those under 18 - Parents/Guardians must consent to home training via the Zoom call.
2. For younger gymnasts we recommend a parent/adult must be in the room and directly supervising – do not carry out these online sessions/videos if a child or young person is home alone.
3. A large clear space to carry out moves safely – move anything obstructive out of the way to avoid injury or damage.
4. Be aware of your ceiling height.
5. Ensure the floor is not slippy or wet.
6. Do not use furniture as an alternative for gym equipment.
7. A bottle of water – please stay hydrated but keep any liquids a safe distance away.
8. Work within the skills being taught in the session only.
9. The club will ensure that two adults, one being a minimum level 2 coach, be present during the online session, and that 1 coach:1 gymnast contact is not allowed.
10. The club's codes of conducts policies and procedures still apply during these sessions. You must not share the password – we send the link to everyone who needs it. If you don't get the link for whatever reason, contact the club.
11. If a gymnast is not comfortable showing their face during the call, they are welcome to hide the video and won't be asked to come off unmute.
12. Everyone must be respectful of each other and appropriate behaviour is expected at all times.
13. Whilst all the exercises are preparation based, gymnasts should never attempt something they are not comfortable with.
14. Anyone caught breaching these rules will be disciplined and removed from all future calls.

#### Disclaimer:

Parents/Guardians must always supervise those under 18 taking part to minimise risk of injury.

Parents/Guardians accept all responsibility of monitoring use of this video in respect of any child in their care.

You should understand that when participating in any exercise/coached online session, there is a possibility of physical injury. If you engage in this online session, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and those you are responsible for (i.e. children/family/others who watch this video), and agree to release and discharge both Sparta Trampoline Club SCIO and the online coach from any and all claims or causes of action, known or unknown, arising as a result of this video/online sessions.