

Membership Pack July 2021



**WELCOME TO THE HELIX  
TRAMPOLINE CLUB**

**TRAMPOLINING.....IT'S IN OUR  
DNA**

Helix Trampoline Club  
39 BADER ROAD, POOLE, DORSET BH17 8PW



## Helix Trampoline Club Membership Form

Name of Pupil \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address:

Previous club/BG Number \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Home telephone \_\_\_\_\_

Mobile telephone \_\_\_\_\_

Email address \_\_\_\_\_

Medical conditions \_\_\_\_\_

Consent to use photographs and video – Yes/No (Please circle)

Date joined \_\_\_\_\_

Agree to club rules – Yes/No (Please circle)



## Media Consent Form

Helix Trampoline Club

39 Bader Road

Poole

Dorset

BH17 8PW

July 2021

Pupil Name \_\_\_\_\_

I hereby give consent for Helix Trampoline Club to take Videos and Photos of the above pupil to assist with coaching, and for Videos and Photos to be used on both the website and other social media channels (such as Facebook), to promote Helix Trampoline Club as deemed fit.

Parent/Guardian Signature \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Date \_\_\_\_\_



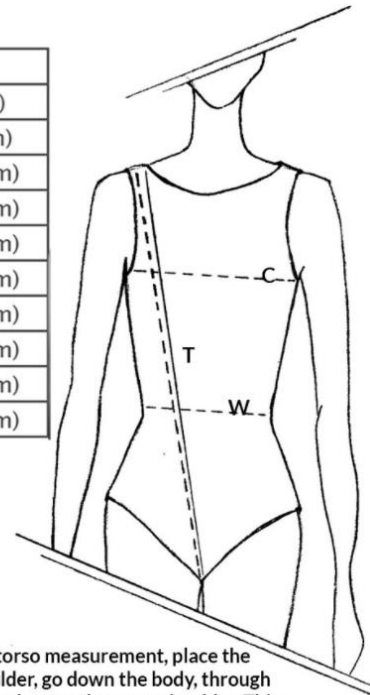
## Helix Trampoline Club Clothing Order Form

Pupil Name \_\_\_\_\_

Leotards @ £55.00 – Child / £65.00 – Adult

### GIRLS / WOMENS LEOTARDS

SIZE	AGE	WAIST	CHEST	TORSO
4	3-4	20-21" (51-53cm)	21-24" (51-61cm)	35-38" (90-96cm)
6	5-6	20-22" (51-56cm)	23-26" (58-66cm)	38-41" (97-104cm)
8	7-8	20-23" (51-58cm)	25-28" (63-71cm)	41-45" (105-114cm)
10	9-10	21-24" (53-61cm)	27-30" (68-76cm)	45-49" (115-125cm)
12	11-12	22-25" (56-63cm)	29-32" (73-81cm)	47-51" (120-130cm)
14	13-14	24-27" (61-68cm)	31-34" (78-86cm)	50-53" (127-135cm)
AXS	14-15	25-27" (63-68cm)	33-36" (84-91cm)	54-57" (136-146cm)
AS	15-16	26-28" (66-71cm)	35-38" (89-96cm)	58-61" (147-156cm)
AM	16+	27-29" (68-73cm)	36-40" (91-101cm)	62-64" (158-163cm)
AL	16+	28-30" (71-76cm)	39-42" (99-106cm)	63-65" (160-165cm)



If you unsure on sizing, please give our helpful team a call on 01884 266226. If you are needing a custom size we can also help, please get in touch for more information.

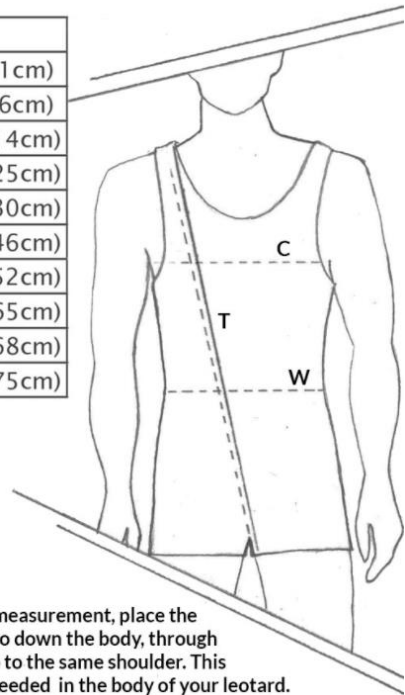


For an accurate torso measurement, place the tape on the shoulder, go down the body, through the crotch and back up to the same shoulder. This will tell us the length needed in the body of your leotard.



### BOYS / MENS LEOTARDS

SIZE	AGE	WAIST	CHEST	TORSO
4	3-4	20-21" (51-53cm)	22-24" (56-61cm)	37-40" (94-101cm)
6	5-6	21-22" (53-56cm)	23-26" (58-66cm)	38-42" (97-106cm)
8	7-8	23-24" (56-61cm)	26-28" (66-71cm)	41-45" (105-114cm)
10	9-10	25-26" (63-66cm)	28-30" (71-76cm)	45-49" (115-125cm)
12	11-12	27-28" (68-71cm)	30-32" (76-81cm)	47-51" (120-130cm)
14	13-14	28-29" (71-73cm)	32-34" (81-86cm)	52-57" (132-146cm)
AXS	14-15	30-31" (76-78cm)	34-36" (86-91cm)	55-60" (139-152cm)
AS	15-16	32-33" (81-84cm)	36-38" (91-96cm)	61-65" (156-165cm)
AM	16+	34-35" (86-89cm)	38-40" (96-101cm)	63-66" (160-168cm)
AL	16+	36-38" (91-96cm)	40-42" (101-106cm)	65-69" (165-175cm)



If you are unsure on sizing, please give our helpful team a call on 01884 266226. If you are needing a custom size we can also help, please get in touch for more information.



For an accurate torso measurement, place the tape on the shoulder, go down the body, through the crotch and back up to the same shoulder. This will tell us the length needed in the body of your leotard.

#### Requirement

- Polo shirt @ £16.00 – Child / £23.00 – Adult  
Size - (Circle above as required)
- T-Shirt @ £15.00 – Child / £18.00 – Adult  
Size - (Circle above as required)
- Rain Jacket @ £20.00 – Child / £30.00 – Adult  
Size - (Circle above as required)
- Hoody @ £20.00 – Child / £25.00 – Adult  
Size - (Circle above as required)
- Gym Bags @ £5.00

Please make cheques payable to Helix Trampoline Club



## Club Rules

### Section 1 – Payments (Parents and Participants)

- Payment by Standing Order, BACS or cheque made payable to Helix Trampoline Club
- There is an annual compulsory fee payable to British Gymnastics for Insurance cover
- There is an annual compulsory fee payable to Helix to help with equipment maintenance & pay for coaches competition expenses
- Payment failure will result in no entry

### Section 2 – Training (Participants – Parents)

- Respect other members using facilities at the Sports Centre & adhere to any Rules / Requests given by Sports Centre staff
- Inform your coach if you know that you will not be attending a session or if your child is being collected from the session by another person
- Parents wishing to stay and observe the session are politely asked to watch from the viewing gallery or seating
- Participants must ask the Coach in charge of them if they need to leave the hall
- Energy drinks are **NOT ALLOWED** water or squash are the only allowed drinks during training
- The attire must be either leotard & shirts / whites or alternatively T-shirt & shorts / leggings
- White socks must be worn at **ALL TIMES**
- Any changes or increases to training hours must be agreed with the lead Coach

### Section 3 – Code of Conduct –Participants, Parents

- Parents should encourage their child to learn the rules & participate within them
- Behave correctly at all times at training, competitions & squads
- Encourage their child to be performance motivated & leave the coaching to the coach
- Set a good example by recognising good sportsmanship & applauding good performances from all
- Always ensure their child is dressed correctly for the activity and has plenty of water to drink
- Keep the club informed if their child is ill or unable to attend sessions or if any significant changes in the family may have caused a change in behaviour
- Use correct and proper language at all times
- Share any concerns or complaints about any aspect of the club through the correct channels, not through Social Network sites



- Encourage their child in a positive manner at all times
- Read, accept & abide by the Club rules & policies
- Helix Trampoline Club will not tolerate anyone found consistently using bad language, bad behaviour, abusive & bullying behaviour, this will constitute a breach of club rules & will result in the person being expelled immediately

#### **Section 4 – Complaints Procedure**

- Complaints regarding the welfare of a child should be reported to the Welfare Officer – Sam H – 07917 843 113
- General complaints should be reported in writing to the lead Coach
- [Safeguarding and Compliance](#) (this link redirects you to the British Gymnastics website)

