KOORANA

GYMNASTICS CLUB



Information Handbook

Koorana Gymnastics Club Inc.

230A Oaklands Rd MORPHETTVILLE SA 5043 (Behind Marion Leisure and Fitness Centre)

Postal Address

P.O. Box 220 PARKHOLME SA 5043

Phone

(08) 8376 8072

Email: info@kooranagym.com.au
Website: http://www.kooranagym.com.au

Customer Portal: https://app.iclasspro.com/portal/kooranagym

Please note:

Koorana Gymnastics Club Inc. (Koorana) Gymnastics South Australia Inc. (GSA) Gymnastics Australia (GA)

Please note: This handbook is an important document, please read and retain for future reference Koorana is affiliated with Gymnastics Australia and Gymnastics South Australia Inc.

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Welcome

Koorana (which is aboriginal for *bring forth the youth*) Community Recreation Association came in to being in January 1976 with the amalgamation of two youth groups - Pioneer and Warradale. From October 1978, Koorana was based at Marion Leisure and Fitness Centre and moved into the current venue in 1991.

Over the years Koorana Gymnastics Club has developed a great sense of community, passion, and accessibility through its large variety of gymnastics-based sports. Koorana caters for participants of all ages and abilities, enabling athletes to learn and maintain fundamental skills whilst being involved in an active environment.

We are proud of our status as one of the largest gymnastics clubs in South Australia, offering the following competitive and recreational gymnastics-based sports: KinderGym; Gymnastics for All, Team Gym, Adult Gymnastics; Men's Artistic Gymnastics, and Women's Artistic Gymnastics. In addition, we offer Holiday programs.

Koorana Vision:

To be a leader in promoting gymsports for people of all ages and abilities

Core Values:

Striving for and achieving excellence in everything we do

Celebrating every athletic accomplishment

Providing a safe, healthy and inclusive training and learning environment

Promoting all of the benefits of gymnastics participation

Ensuring professional and nurturing coaches, staff and volunteers

Honouring and continuing the history and mission of the origins of the club

Koorana Mission:

Koorana Gymnastics Club aims to provide high quality Gymsports in an inclusive, safe and enjoyable environment to support individuals in their physical, mental and social development

Competition Gymsports

Men's Artistic Gymnastics (MAG) builds strength, agility and enhances coordination while building resilience and confident body movements. It is the perfect sport to challenge the mind and body to reach new goals while participating in a structured and safe class environment. MAG consists of six differing apparatus, Floor exercise, Pommel Horse, Rings, Vault, Parallel Bars and High Bar. MAG will build confidence and test thrill-seekers of any age. This sport helps to develop healthy minds and bodies for now and into the future.

Women's Artistic Gymnastics (WAG) is a dynamic sport for girls involving a variety of skills on the four apparatus: Vault, Uneven Bars, Balance Beam and Floor Exercise. This Gymsport develops a high level of flexibility, strength, fitness, and dance. Our girls compete at state, national and international events.

Steps is a unique program which is a developmental pathway for pre-competition WAG athletes. Gymnasts can progress through Steps Levels 1-7 based on a curriculum of skills that align with Gymnastics Australia WAG Levels 1-3.

TeamGym (TG) is a program for groups of 6 to 12 gymnasts and comprises of three events: a floor routine with synchronous gymnastics dance moves and elements, a stream of single mini-tramp jumps and tumbling skills – all performed to music. TeamGym is a new and exciting way to compete in gymnastics without the pressure and commitment to WAG competitive gymnastics, while still having fun with your friend.

Gymnastics for All (GFA) includes the non-competitive or recreational aspects of gymnastics for boys and girls of all ages and abilities. Our GFA program has been planned using a carefully designed curriculum, placing an emphasis on safe progressions, key movements and lots of fun! GFA is the perfect activity to prepare children for long-term participation in sport and develops vital life skills.

Gymnasts have access to one of South Australia's best gymnastics facilities, including our trampolines and foam pit. Classes are grouped by age, starting at 5 years, to ensure social cohesion amongst the group, as well as their gymnastics progression.

KinderGym (KG) offers a safe and stimulating environment where children and their parents or caregivers can creatively explore the equipment and be challenged by the wide range of physical activities. We believe children in these sessions learn by meeting these challenges and by observing and following other children of mixed ages and abilities at play. KinderGym is recognised as one of the most effective programs in building fundamental movement skills in young children and helps develop them socially, cognitively, emotionally, and physically.

Adult Gymnastics An action filled sport that offers fun, fitness, friendship, and the opportunity to challenge your mind and body! Our adult's class is designed especially for those who want to get fit, try new things and be involved in a sport that usually, only the kids get to do.

System of Governance

Koorana Gymnastics Club Inc. is administered by a volunteer Board of Management. The Board of Management consists of a President, Vice-President, Secretary, Treasurer and 6 general board members.

The Board meets a minimum of once a month.

All coaches are accredited with Gymnastics Australia and undergo training to update their accreditation each year, hold current First Aid Certification and appropriate Working with Children Check (WWCC).

Policies of the Koorana Gymnastics Club Inc

The Koorana Gymnastics Club Inc adopts the Gymnastics Australia's (GA) Member Protection Policy, Child Safe Policy, Travel Policy and Privacy Policy.

All members must read, understand, and abide by these Policies as a condition of becoming a member of our Club. This ensures that you, your child, and the Club are always protected.

In addition to these Policies, the Board has ratified other policies which govern process, staff behaviours, Health and Safety, Grievance Resolution, fees, and charges, as well as our No-smoking and asthma Policies. These are internal documents designed for staff use, but they are available for members to read when requested.

All our policies are constantly in review as we strive to improve the service that we provide to our members.

Authorised by:

Jessica Church President

19 January 2024

Privacy Statement

Koorana is committed to providing its members with the highest degree of service. This includes protecting your privacy.

Koorana is bound by the Commonwealth Privacy Act 1988, which sets out several principles concerning the protection of individuals' privacy.

The aim of the laws is to ensure that organisation's manage personal information responsibly, and provide a consistent approach to its collection, use and disclosure. The laws also provide individuals with rights to access their personal information and to change it, if needed.

The Privacy Act requires us to communicate the following important information to all our customers, regarding the use of your personal information.

What is personal information?

Personal information is information about an individual who can be identified, or whose identity could be reasonably ascertained from the information.

How we collect personal information

Koorana collects personal information to deliver and enhance the services we offer our members. We collect personal information from you when you do any of the following:

- Register as an athlete.
- Register to become a technical member.
- Are awarded life membership of Koorana.
- Register your child as a member of our KinderGym program.
- Enter a GSA event or program.
- Are selected to represent Koorana in a State, National or International team.
- Participate in a Koorana/GSA course.
- Request information from us.
- Provide information to Koorana staff or volunteers.
- Participate in a Koorana survey.
- Are employed by Koorana, or volunteer to work for Koorana.
- Apply for a grant through GSA or any other funding body.
- Register to receive publications or other material from GSA/Koorana.
- Email Koorana or any staff member.

How we use personal information

We will only collect information, which is necessary for us to carry out our primary purpose of providing services relating to membership, education, events, and merchandise. Your personal information may be used for the following purposes:

- To provide you with the services you require or have requested.
- For internal accounting and administration.
- For regulatory reporting and compliance.
- To identify you so that we can inform you about future services, products, events, etc.

You can advise Koorana at any time, if you do not wish to receive information about services or products, or if you do not wish us to disclose personal information to any other organisation, including related organisations. Unless you advise us otherwise, you confirm agreement to the above uses of your personal information. If you choose not to provide Koorana with personal information, we may not be able to provide you with the services you require, or are entitled to, nor may we be able to provide service at the level on which we pride ourselves.

When we disclose personal information

We may disclose personal information to other organisations, which assist us in providing service to members and customers.

These organisations may include:

- Outsourced service providers who manage the services we provide to you, including insurers and insurance brokers.
- Professional advisers, including accountants, auditors, and lawyers
- Government and regulatory authorities and other organisations, as required or authorised by law.

We also disclose personal information to the National Organisation (GA), and State Organisation, (GSA), as part of membership, insurance, and other arrangements.

We limit the use and disclosure of any personal information provided by us to such organisations for the specific purpose for which we supplied it.

When you provide us with information about other individuals, we rely on you to make them aware that you are in turn providing that information to us, the purposes for which we use that information, the types of third parties to whom we may disclose that information, and how they can access it.

Storage and security of personal information

Koorana stores personal information on computer databases. Your personal information may also be held in paper and electronic computer file form. We have security measures in place to provide reasonable protection for your personal information, against misuse, loss or unauthorised handling.

Accuracy of personal information

We take reasonable steps to ensure that whenever we collect, use, or disclose personal information, it is accurate, complete and up to date.

Access to personal information

You can amend or update your information via your account on our Customer Portal.

Member Protection Policy and Child Safe Policy

The <u>Member Protection Policy</u> must be read in conjunction with the <u>Child Safeguarding Policy</u> which are detailed on the Gymnastics Australia website.

There are also a number of policies on the Gymnastics Australia (GA) website which are available and regularly updated. These can be found under **By-Laws, Policies and Technical Regulations** or by using the following web address:-

https://www.gymnastics.org.au/by-laws-policies-and-technical-regulations

National Integrity Framework

The <u>National Integrity Framework</u> has been implemented by GA and an extract is as follows, for further information please refer to the polices as detailed on the GA website by following the following web address:-

https://www.gymnastics.org.au/integrity

Integrity

Sport is an Australian way of life. It brings people together, transcending differences in language, ability, culture and beliefs, and provides physical, social and economic benefits.

What is sport integrity?

Threats to sports integrity include competition-manipulation, doping, and behaviours that impact people's positive experience of sport, such as discrimination or abuse.

Integrity in sport means that athletes, supporters and fans can participate and celebrate sport, confident in the knowledge that they are part of a safe, ethical and inclusive environment.

We take integrity seriously.

All our members and participants have an obligation to protect and maintain the integrity of sport, as well as the health and wellbeing of our athletes.

We work closely with Sport Integrity Australia, the federal agency established to prevent and deal with integrity threats in sport. For more information visit the <u>Sport Integrity Australia website</u>.

Reporting integrity issues

Everyone from athletes, parents, support personnel, administrators and supporters play a role in protecting the integrity of our sport.

If you see something, say something!

Knowledge of, or concerns regarding integrity-related matters can be reported to Sport Integrity Australia and/or to Gymnastics Australia's Integrity team.

Matters relating to harassment, discrimination, child protection, corruption, fraud, match-fixing, doping, or any other form of misconduct should be reported to Sport Integrity Australia through one of these methods:

- Submitting a Formal Complaint or Report through the SIA webform
- Calling the SIA Hotline on 13 000 27232
- Completing the 'Report an Issue' form in the Sport Integrity App

Matters relating to harassment, discrimination, child protection, or any other form of misconduct can be raised with Gymnastics Australia by contacting:

- childsafety@gymnastics.org.au or integrity@gymnastics.org.au
- Calling the Gymnastics Australia Child Safety line on 03 8698 9700 (option 0)

Our integrity rules

We take the integrity of our sport seriously. The following integrity policies are in place to protect all participants and deliverers of the sport:

- National Integrity Framework;
- Member Protection;
- Child Safeguarding;
- Anti-doping;
- Competition Manipulation and Sports Wagering;
- Improper Use of Drugs and Medicine; and
- Complaints, Disputes, and Discipline.

All policies and guidelines can be found here

Emergency Evacuation Procedure

The Koorana Emergency Evacuation Map is located in the gym foyer, in the main gym near the emergency doors and the kitchen.

In the event of the need to immediately evacuate the facility, the coach in charge of each group of athletes will take full responsibility to evacuate that group. They will ensure that any athletes who are a part of the group but not with that group at that time are collected from where they are (e.g. toilet, kitchen, other training area) and evacuated with their group. Parents and visitors to the gym are to evacuate as directed.

The Program Coordinator or Coach will undertake a full check of all the following areas –

- Equipment Storeroom
- Pit Room
- Main Gym
- Activity Room
- Conference Room

The Program Coordinator will check that all areas are clear, secure area and proceed to **Safe Area – Park area at the western side of the building carpark.**

The Board has nominated the Park area as the muster point for all occupants of the facility to ensure that everyone is well away from the access of the emergency services (fire brigade etc.).

On arrival at the muster point, coaches are to undertake a full check to ensure that their entire group is with them. If anybody is missing, they will report this fact to the Head Coach who, having checked with each group, will inform the emergency services of any missing person and where in the facility they were last seen.

The Program Coordinator will contact Securitas, the monitored alarm security company contacted by Koorana to inform them of the situation.

Please Note: Fire Drills will be conducted for each Gymsport at least once per year.

Codes of Behaviour - Parent/Caregiver

- 1. Statement of commitment
- 2. As a member of Gymnastics Australia, Koorana and its members are required to comply with Gymnastics Australia's Member Protection Policy.
- 3. Roles and responsibilities
- 4. As a parent of a participant in any activity held by or under the auspices of GA, GSA or Koorana, you must meet the following requirements with regards to your conduct during any such event or activity.

5. Policy application

- a) Respect the rights, dignity and worth of others.
- b) Remember that your child participates in sport for their own enjoyment, not yours.
- c) Focus on your child's efforts and performance rather than winning or losing.
- d) Never ridicule or yell at your child and other children for making a mistake or losing a competition.
- e) Show appreciation for good performance and skillful plays by all gymnasts (including opposing gymnasts).
- f) Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
- g) Respect official's decisions and teach children to do likewise.
- h) Do not physically or verbally abuse or harass anyone associated with the sport (gymnast, coach, judge and so on).
- i) Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- j) Be a positive role model.
- k) Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

6. Breaches and consequences

Koorana will deal with any breach of the Codes of Behaviour Policy promptly, seriously, sensitively, and confidentially. Minor breaches of this policy will result in the offender being approached by Head Coach / Centre Management, where the breach will be explained to the person and request for the offending behaviour to cease. Serious or continued breaches of this policy will result in closure of viewing area for that parent or whole section and where applicable SAPOL will be involved.

References

Junior Sport - Codes of Behaviour http://www.playbytherules.net.au

Codes of Behaviour - Participant

1. Statement of commitment

As a member of GA, Koorana and its members are required to comply with GA's Member Protection Policy.

2. Roles and responsibilities

In addition to Gymnastic Australia's General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by GA, GSA or Koorana and in your role as a participant in any activity held by or under the auspices of GA, GSA or Koorana.

3. Policy application

- a) Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
- b) Do not tolerate acts of aggression.
- c) Respect the talent, potential and development of fellow players and competitors.
- d) Care for and respect the equipment provided to you as part of your program
- e) Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- f) At all times avoid intimate relationships with your coach
- g) Conduct yourself in a respectful manner relating to language, temper and punctuality.
- h) Always maintain high personal behaviour standards.
- i) Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
- j) Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- k) Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

4. Breaches and consequences

Koorana will deal with any breach of the Codes of Behaviour Policy promptly, seriously, sensitively and confidentially. Minor breaches of this policy will result in the offender being approached by Head Coach / Centre Management, where the breach will be explained to the person and request for the offending behaviour to cease. Serious or continued breaches of this policy will result in immediate suspension or termination of membership and where applicable SAPOL will be involved.

References

Junior Sport - Codes of Behaviour

http://www.playbytherules.net.au

Koorana Gymnastics Club Fee Policy

Koorana uses iClassPro to manage registrations, member information, communication, invoicing, fee payment and receipting fees. It's an important tool we use to keep in touch.

Please check junk folders and save the iClassPro email address as a safe sender so that you don't miss important information relating to your membership.

To download the iClassPro app, go to your App store or Google Play and use the organisation code: kooranagym

1. Registration:

All members will need to read & denote acceptance (or not) of our policies including:

- Billing Authorisation, Rules, terms and Conditions and Waivers
- Photo and Social Media

2. Fees:

Fees are to be paid promptly within 7 days of invoicing.

All fees are to be paid before the Term commences.

The annual (1st January to 31st December) 'one off' Administration, Affiliation and Registration Gymnastics South Australia (GSA) fee provides athletes insurance and is essential for participating in gymnastics sessions.

Note- If an athlete is registered with another club the registration fee does not need to be paid. Proof of registration is required in writing to the club before the registration fee is due. There is a reduced fee for members who join in term 4.

If your child moves between Gymsports there will be an additional Administration, Affiliation and Registration Gymnastics South Australia (GSA) fee payable. For example moving from Gym for All (GfA) program to the Women's or Men's Artistic Gymnastics program will result in an additional charge.

Training fees do not include costs for events, competitions, or any uniform items.

Sibling discounts are automatically applied to term fees only:

- First child registered o%
- Second child registered 10% discount
- Third and subsequent children registered 15%

Gymsport fees will be reviewed periodically but at a minimum annually. Changes to fees can be applied at any time. Communication to increases in fees will be communicated with as much notice as possible.

Koorana Gymnastics accepts SA Sports Vouchers as payment towards fees. See Page 17 for use and conditions.

3. Statements

Please access the parent portal through iClassPro to access statements.

4. Payment of Fees

Fees are to be paid prior to commencement of the Term. Fee payment is required 7 days after the invoice is issued via email or through your iClassPro account (accessed via www.kooranagym.com.au).

Koorana can negotiate payment plans, if you require this service please contact finance@kooranagym.com.au. These will be agreed upon in writing. The onus is on the member to make regular payments by the agreed upon due date. This will not be a direct debit agreement. A late payment penalty of \$5 may apply after week 1 if no payment arrangement has been made with the Finance Officer.

The Finance Officer will issue verbal and/or written requests for payment after 1 week.

All members must be financial and be up to date with their fee payments before returning each term.

5. Methods of payment:

Please pay fees through the Customer Portal

https://app.iclasspro.com/portal/kooranagym

or through the iClassPro app.

To download the iClassPro app, go to your App store or Google Play and use the organisation code: **kooranagym**







6. Non-Payment of Fees

If fees have not been received by the due date, 7 days from invoicing, an overdue account warning will be sent either by email or post to the family, and the athlete may not be able to participate until fees have been paid. In these cases, it is possible that their place in the program may be forfeited. Members will not be able to participate in classes if their fees continue to remain unpaid 14 days after invoicing.

If monies remain unpaid 14 days after the initial invoice, a further overdue account warning will be sent either by email or post.

If payment still remains outstanding 21 days after the initial invoice, Marshall Freeman collections officer will be in contact to arrange payments.

Once payment has been made to Marshall Freeman we will be informed that the fees have been cleared and the athlete will be allowed to return to training.

7. Refunds

The following rules will apply:

- The annual GSA registration fee is non-refundable.
- Non-attendance at general training sessions does not qualify a customer for a refund, transfer, credit, or exchange against fees paid. Claims for refunds, will not be considered unless accounts are paid up-to-date or in credit.
- Make-up classes may be able to be arranged for genuine illness and/or special circumstances within recreational Gymsports (Not including all competition sports and Adult Gymnastics). However, notification of absence must be given prior to the customer missing the start of their normal training session.
- Fees for Competition Sports and Adult Gymnastics will not be refunded for missed sessions unless an injury/long standing sickness occurs and the relevant gymsport coordinator is notified and documents are supplied to the Koorana Gymnastics Club Board by emailing info@kooranagym.com.au.
- Please be aware that not all competition providers will provide a full refund for withdrawals, in which case Koorana Gymnastics Club will be unable to pass on a full refund.
- Members may request a refund of term fees paid for extenuating circumstances only. A request must
 be made through email to the club at finance@kooranagym.com.au. A request for refund form will be
 sent for completion by the member. Once this has been received it will be discussed at the next board
 meeting.
- Claims for refunds, will not be considered unless accounts are paid up-to-date or in credit and must be received in a timely manner.

8. Events out of the direct control of Koorana Gymnastics

Invoices will not be amended for events that are outside the direct control of Koorana Gymnastics (for example, if the State Government issues a health mandate which requires the closure of the venue, Covid Rules or there is a power outage at the venue).

9. Competition Fee Policy

9.1 COMPETITION CONDITION OF ENTRY: Competitions for the calendar year will be available for members of each Gymsport to enter from January. The member must be enrolled and financial in each Gymsport Competition 5 weeks prior to the scheduled competition date. The member MUST be enrolled in the Gymsport Competition by the due date for the entry to be submitted as entry fees are due to (GSA) 4 weeks prior to the competition.

Please note that these costs are subject to change as they are set by GSA. Coaches will notify members of any changes to competition dates or requirements.

9.2 COMPETITION FEES REFUND: Competition fees paid may be considered for a refund only when a medical certificate is provided to GSA within 7 days prior to, or after, the competition date. The medical certificate must cover the date of the competition.

The medical certificate is required to be supplied to Koorana Gymnastics Club no later than 7 days after the competition date as Koorana will apply for this refund on behalf of the athlete. This refund must be obtained from GSA before Koorana Gymnastics Club refund the monies on your account. Please note there is no refund for change of mind entries as per the GSA competition refund policy.

Sports Vouchers

What is the Sports Vouchers program?

Sports Vouchers is a State Government initiative administered by the Office for Recreation and Sport (ORS). The program is an opportunity for primary school age children from Reception to Year 9 to receive a \$100 discount from sports club/membership fees. Clubs and providers can then offer a \$100 discount on joining fees and recoup that money directly from the Office for Recreation and Sport (ORS). The purpose is to increase the numbers of children playing organised sport and to reduce the costs for parents.

What can the \$100 be used for?

The \$100 can be used towards membership fees which provide access to a minimum 10-week sports program. The discount cannot be used for equipment purchase or a one-off 'come and try' type event.

You can claim your Sports Voucher with Koorana. Please refer to this link for more information:

http://www.sportsvouchers.sa.gov.au/

You will need to follow either of the following links. The first link is an online claim form and the other link will require you to print off voucher, complete and return to the Program Coordinator or by email to finance@kooranagym.com.au:

https://kooranagym.com.au/sports-vouchers

https://www.sportsvouchers.sa.gov.au/how-to-use-voucher/

Please note: The \$100 will not come off your Account until it has been received from the ORS.

Participation rules

- Members cannot go on equipment until instructed and supervised by their coach
- No running between equipment, foyer, bathrooms and rotations
- Wear shoes to and from the building
- Dress appropriately, e.g. shorts, T-shirt, leotard
- Wear no jewelry (only sleeper earrings are acceptable)
- Tie long hair back and NO bobby pins in hair
- Report to coach on arrival

For **safety reasons**, caregivers are requested to:

- accompany children to and from the door.
- Keep siblings under control at all times. (Club equipment is only to be used by members during their session time.) Children may be asked to leave or charged a casual fee.

Subject to SA Health guidelines and Covid rules, caregivers are welcome to stay during session times to watch their child's progress in the parent viewing area. Caregivers should ensure that the privacy and reputation of all athletes is preserved at all times; and recognise the fun nature of gymnastics before the competitive. At no time should any athlete other than your own child be discussed with any other members.

Feedback

Your feedback is important to us and we encourage all members to be forthcoming with any suggestions. These will be taken to the Board for review and if you wish to be notified of the outcome please include your details. You are welcome to email info@kooranagym.com.au.

Volunteers

Koorana values its volunteers and without their help many of the tasks some of which take considerable resources and time (such as placing new underlay under the floor area) would require us to pay contractors and our costs would be significantly higher. We thank anyone who has assisted us in a volunteer capacity in previous years.

The Board would like to take this opportunity to thank all our volunteers. Our coaches/staff do many volunteer hours including attending competitions both state and national, programming and fundraising. We also have many other volunteers who assist with coaching, fundraising, judging, building works, setting/packing up for competitions, assisting during competitions and many other roles.

We could not do it without you! Thank you!

If you would like to take part in the club activities, maintenance, sponsorship, supervision, or as a prospective coach, judge or Board Member, please speak with one of the Board team who will point you in the right direction or by emailing info@kooranagym.com.au.