

## Clothing & Safety code for training sessions

With effect from 14th January 2011, your child will NO longer be permitted to take part if they turn up wearing anything else other than training clothes. In addition any person wearing jewellery, piercings/studs etc. will be required to remove them before taking part in any cheerleading, stunting, gymnastics or tumbling training sessions.

### Injuries/illness

If you have any injuries/illness/sickness or are not feeling well in any way at all, please make sure that you inform a coach or member of staff immediately - Do Not take part in any training what so ever until you have informed a coach/member of staff.

Injuries that are discovered, occur, appear or happen during training Must be reported to a coach or member of staff immediately - At this point Stop and do not continue until you have spoken to a coach/member of staff.

### Teenies

Must wear: training shoes or pumps and come in suitable clothing for dance such as jogg pants and T-shirt - No skirts or jeans!

### Junior A

Must wear: Club training colors which is black T-shirt, black jogg pants, trainers or pumps. Preferably the SHOKK clothing but plain black will do in the meantime if you don't have yours yet.

### Seniors

Should wear: Club training colors where possible which is black T-shirt, black jogg pants, trainers or pumps. Preferably the SHOKK clothing but black/dance clothing variations will do fine. Senior dress code allows for more individualism but still requires attendees to wear clothing suitable and practical for training

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Do not allow your child to turn up with either: valuables, phones, jewellery or piercings. It is not the coaches or Sporting Dynamites problem to look after or mind your child's valuables and we won't be held responsible if they go missing. Â

### Mobile phones, cameras and other electronic/gaming devices

If your child persists in answering/playing with a mobile phone or any of the above he/she will be instructed to sit out of the sessions. Any phone/device (other than the coaches) that rings or disturbs sessions will be removed from the person concerned and turned off - If the person concerned refuses to hand over or turn off the offending phone/device they will be instructed to leave the session, escorted from the building and their parents informed - At this point they will no longer be the responsibility of Sporting Dynamite!

### Music devices

The only music allowed at Sporting Dynamite sessions, is music which has been approved and permitted by the coaches or staff - All other forms of music are strictly prohibited. Please refrain from playing any type of media/music at

theÂ centre as any such noise disturbs concentration and interferes with training.