



Club Rules and Regulations

Dress Code :

- All recreational athletes must wear black clothing to class. If interested, there are tank tops and t-shirts with the club logo available for purchase.
- **Pants:** Pants must be appropriate and adequate for moving. NO jeans. Shorts are acceptable.
- **Shirt:** The shirt should cover the athlete fully and must be relatively tight enough to avoid obstruction with the baton's movement. No "Tube Tops" and no shirts that show cleavage.
- **Competitive** athlete **must** wear a black leotard (shorts of any colour are permitted) with either short sleeves or tank top.
- **Shoes:** Competitive athletes must wear the mandatory competition shoes. Indoor sneakers or comfortable gymnastic shoes are recommended. No « Skate » shoes are permitted.
- **Hair:** Recreational athletes hair must be tied back. If the athlete has bangs that may fall in front of their eyes or bother the athlete, please tie them with hair clips, barrettes or simply wear a headband.
- Competitive athletes **must** have their hair tied up in bun.
- **Jewelry:** NO jewelry is permitted. The only exception is stud earrings. Nothing suspended.
- It is strongly **discouraged** to wear fake nails during class for risk of injury as the baton could hit them.
- No cell phones will be permitted within the gym. Only permissions will be granted to those who want to film their routines and the coaches will keep hold of their phones until the end of the class.

These rules are for the safety and security of the athletes.

Identification of belongings:

- It is very important to write the name of the athlete inside their shoes, clothes and accessories, **especially on the baton**. Coaches know exactly where and how to write the name on the baton so the writing doesn't show as much, ask us how.

- The club is not responsible for any lost or stolen objects, this includes during events or at the area where this incident occurred.

Schedule :

- All athletes are asked to show up to class 10 minutes prior to the start of class so the athletes are ready to start on time. Parents must show up immediately after class. All athletes must not be left without supervision outside of class.
- For security reasons, parents cannot be present in the gym during class (unless invited by the coaches) as the athletes are easily distracted.
- All discussions with coaches are to be had at the end of classes. This allows the classes to start on time and does not penalise the athletes.
- Should an athlete miss a class, PLEASE advise us by email at cbso@live.ca. This will help us modify the lesson plan that is always ready in advance. You will not be reimbursed for any missed classes.

Payment Methods :

- We accept cash and cheques
- NEW – Internet transfers are now accepted (cbso@live.ca) – Pilot project for 2016/2017
- If you have sufficient funds, you are able to pay with the athletes' account. PLEASE ask us for the balance.

Other:

- It is recommended that athletes bring a water bottle to class
- Gum chewing is NOT permitted during class as it is a choking hazard.