

# CLUB AND TRAINING GUIDELINES



**POLICY NAME:** KSTP Club and Training Guidelines  
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**DATE OF NEXT REVIEW:** March 2025  
**CONTROLLING BODY:** KSTP Management

Overview	To ensure smooth running of the gym we ask all members read through the clubs training guidelines.
Gym Related	<ul style="list-style-type: none"> <li>• Students must arrive around 5 minutes before their training starts in order to be prepared for their class.</li> <li>• Students should either wait in the foyer or make their way to their designated squad area in the Corinthian Room, once dropped off by their parent.</li> <li>• Students are required to wait in the designated waiting area for your coach to direct you into the gym.</li> <li>• Only students are permitted inside the gym. There are seats in the foyer for parents and siblings.</li> <li>• Club shirts/uniform are to be worn to and from training. If club shirt is not preferred whilst training, leotards, crop tops or other tight fitting clothing in club colours is allowed. Black shorts or tights should be worn. Girls are to wear crop tops under t-shirts.</li> <li>• Hair that is shoulder length or longer must be tied back and off the face.</li> <li>• No jewellery to be worn to training. (Studs acceptable)</li> <li>• Exercise tracking devices are not to be worn in the gym.</li> <li>• Only drink bottles filled with water are permitted in gym.</li> <li>• No bags, shoes or other clothing permitted in the gym.</li> <li>• No food or chewing gum in the gym at any time.</li> <li>• Mobile phones should not be used in the gym, unless done so by a coach or management on company devices. Upon arriving at the gym, phones should be put away in their bags and that's where they should stay until the end of class.</li> <li>• No social media platforms are to be used during class. If an athlete is found doing this during class, they may be asked to leave their phone at the front desk.</li> <li>• Students with an ongoing injury or condition must provide their own basic first aid ie tape/strapping.</li> <li>• Students must always tell their coach when they need to leave the gym.</li> <li>• No talking on the tumbling and DMT runs. If you need to talk about something, do it somewhere else so as not to disturb other students training.</li> <li>• Students are asked to wear their colours and uniforms proudly and always carry themselves in a respectable manor.</li> <li>• Students are to be mindful of physical interaction with their teammates within the gym and during training.</li> </ul>

	<ul style="list-style-type: none"> <li>• Students are not permitted to ‘friend’ a coach on social media, except for a dedicated athlete page. Online messaging is strictly forbidden.</li> <li>• No McDonalds, KFC or 7Eleven slushies are permitted inside gym premises.</li> </ul>
<p>Foyer, Corinthian room, bathrooms, carpark and other related matters.</p>	<ul style="list-style-type: none"> <li>• KSTP requires complete respect for the Church from all members whilst on the Church grounds.</li> <li>• There are to be no ball games or running games in the Corinthian room while waiting for class start times. Students are asked to sit and wait quietly.</li> <li>• The car park, gardens and kitchen area must be kept clean at all times.</li> <li>• Bathrooms should be kept clean at all times. No one should be causing mess with the soap or toilet paper.</li> <li>• When a class has finished the student will be dismissed by their coach. The preferred method of pick up is using ‘Kiss and Drop’.</li> <li>• Swearing, running through corridors and yelling will not be tolerated anywhere at any time.</li> <li>• Parents are responsible for children not participating in classes and should ensure they are behaving in an appropriate manner.</li> <li>• Only administration staff or management are to enter the office.</li> <li>• All Parents and Students are to abide by these rules made by Management of KSTP.</li> </ul>