



GYMNASTICS FOR ALL PARENT HANDBOOK



TABLE OF CONTENT GFA

What is Gymnastics For All (GFA)

Benefits of GFA

Goals of GFA

Gym Rules

Program Planning and Reporting

GFA Active Start Programs at Whistler and Pemberton

GFA Artistic Programs at Whistler and Pemberton

GFA Trampoline Programs at Whistler

Interclub Programs at Whistler and Pemberton

Whistler Gymnastics Club - Your Organization

Facilities

Sport Philosophy

History

Club Communication

How to Register

Health and Medical Alerts

What to Wear

Conduct and Behavior

Athlete Discipline Procedure

Drop Off, Pick Up, and Parking

Care of Valuables and Lost and Found

Volunteers

Fundraising

Community Events

Complaint Protocol

GYMNASTICS FOR ALL (GFA) PARENT HANDBOOK

Welcome and congratulations on becoming a member of the Whistler Gymnastics recreational program.

WHAT IS GYMNASTICS FOR ALL?

Gymnastics For All (GFA) includes all recreational, non-competitive programs offered by Whistler Gymnastics.

GFA is available for all age ranges, abilities and program goals. These programs are geared towards having fun, developing fitness, and acquiring fundamental skills.

Gymnastics for All is recreational, educational and performance gymnastics for all stages of life. Gymnastics is recognized as a foundation sport for physical literacy.

GOALS OF GFA

Fun: participants are active, successful and enjoy the activity of gymnastics

Fitness: Physical, Motor, Emotional, Psychological, Social Attributes

Fundamentals: Landings, Stationary Positions, Locomotion, Spring, Rotation, Swing and Object Manipulation.

BENEFITS OF GFA

Body Awareness	Coordination	Balance	Strength/Power	Flexibility	Agility	
Fun	Challenge	Self Confidence	Self Esteem	Friendships	Cooperation	Group Work

SAFETY FIRST

The Gym is a NUT-FREE Zone

Gym Rules:

- Be cooperative, respectful, and caring to others
- Be alert and safety conscious. Think safety first for both you and others
- Attend regularly. Arrive on time, and prepared to participate.
- Participate to the best of your ability
- Keep your body under control
- Understand the risk of the activity
- Follow equipment and facility safety procedures
- Dress for safety and ease of movement following our [club clothing guidelines](#). Gymnasts should be neat and clean.
- No eating, drinking or objects in mouth during activity i.e gym, candy, pacifiers.
- Coaching supervision is always required in the gym
- Listen to and follow directions from the coaches.
- Participate cooperatively within the limits set by the coach
- Get coaches' permission to go on equipment or to try new skills
- Master basic skills before attempting more advanced
- Parents and spectators must stay in their designated area.
- Follow our Food and Drink guidelines
 - No food, drink or gum on the gym floor.
 - Observe our no nut policy.
 - Keep food/drink in designated areas. Eat only in designated areas.
 - Snacks brought to the gym should be nutritious.
- Care and look after each other
 - Respect privacy

- Only take and share photos when given permission,
- Follow the [Rule of Two](#) -not being alone or in a spot hidden from view
- Help and be a good example for others
- Report any maltreatment such as bullying, abuse or harassment to a club authority.

PROGRAM PLANNING AND REPORTING

Whistler Gymnastic LTAD Programs are based on Long Term Athlete Development(LTAD) plans designed by Gymnastic Canada, facilitated by GymBC and adapted for use in our Whistler Gymnastic Club programs.

GFA programs are a part of the club program offerings as shown in [WG Program Chart](#)

GFA programs are recreational in nature and open to all.

Whistler Gymnastic focuses on providing programs that are **active, safe, inclusive, developmental and fun. Safety First is a priority.**

SEASONAL PLAN: GFA classes are offered in sessions

Fall: Sept. – Dec.

Winter: Jan. – March

Spring: March – June

Summer Camps: July – Aug.

Interclub Sept - June

CLASS SCHEDULES:

Current Class schedules are found on our website.

DAILY LESSON FORMAT:

Each class or week has specific

Goals and a Theme

Warm-ups to gather, introduce the lesson, and stretch, and with games and music, often using small apparatus or props such as balls, hoops, bean bags, or parachute,

Instruction on apparatus: Fundamental Skill Development on En Masse, Stations, Circuits, or Rotations using developmental apparatus and formal Olympic apparatus in the gymnastic disciplines of Artistic Gymnastics Disciplines: Vault, Bars, Balance Beam, Floor Exercise, Trampoline
Trampoline Gymnastics Disciplines: Trampoline, Double Mini trampoline, Tumbling

Cool Down with quiet activity and on occasion a reward handout

PROGRAM PROGRESS REPORTS

Active Start programs are based on the development of the whole child physically, socially, and emotionally and on developmental Active Start movement/skill progressions as recommended by Gymnastic Canada. Certificates of participation will be provided after each session with general comments on the participants progress.

Fundamental programs for children are based on progressive skills designed by Gymnastics Canada Gymnastique CANGYM and CANJUMP programming.

- **Fall Session participants** will participate in a Ribbon Day event where they will perform in front of parents and receive ribbons for their progress on the last day of session.
- **Winter Session Participants** will participate in a Ribbon Day event where they will perform in front of parents and receive ribbons for their progress on the last day of session.
- **Spring Session Participants** will participate in a Ribbon Day event where they will perform in front of parents and receive ribbons for their progress on the last day of session.

Youth and Adult Programs follow progressive skills similar to those outlined in CANGYM and CAN JUMP programs but will not be receiving CanGym Progress reports. Verbal feedback is given from their coaches on an on-going basis.



Gymnaestrada Performance Groups -work towards group performance opportunities such as the annual GymBC Gymnaestrada event. They follow WG training guidelines and will not be receiving written progress reports. Verbal feedback is given from their coaches on an on-going basis. Come frequently, to see their performances and note their progress.

Interclub athletes (Performance and Performance Plus) work towards developing advanced recreational or pre-competitive skills and performing them when they attend Interclub Events within BC in the later part of the year. Athletes will receive an interim progress report with written comments in December.

WHISTLER GYMNASTICS GFA PROGRAMS for WHISTLER and PEMBERTON

GFA programs are broken down into the recreational groupings by age, grade, or type of activity. Various classes and levels are offered based on need, space and coaching availability. Here are general outlines of the GFA groups.

For Current Class Schedules and Pricing - Go to our [website](#)

ACTIVE START STAGE -boys and girls mixed classes for ages 12m(walking) to 6 years

LEARN THE FUNDAMENTALS and BUILD GYMNASTIC SKILLS -boys and girls mixed classes for Grade or Age groups

- GFA ARTISTIC
- GFA TRAMPOLINE (Whistler only)
- NINJA
- YOUTH AND ADULT
- GYMNAESTRADA PERFORMANCE

LEARN TO TRAIN and TRAIN TO ADVANCE GYMNASTIC SKILLS

ADVANCED REC & PRECOMPETITIVE - INTERCLUB LEVEL - annual 10 month programs with entry by invitation

- WOMEN'S ARTISTIC INTERCLUB in Whistler -PAD, Performance, and Performance Plus
- WOMEN'S ARTISTIC INTERCLUB in Pemberton -PAD, Performance and Performance Plus
- ADVANCED TRAMPOLINE (Whistler only)

Click Here for the full list of [GFA Programs and their descriptors](#)



WHISTLER GYMNASTICS CLUB - YOUR ORGANIZATION



Whistler Gymnastics Club is a registered non-profit society. We are governed by our club membership through direction from their elected volunteer Board of Directors. Our Constitution, Bylaws, Policies and Procedures establish club standards of governance and operation. A Management Team is employed to lead and facilitate club operations in the areas of both program and business. A certified coaching staff is employed to deliver programs.

Please view the current organizational chart for more detail.

Whistler Gymnastics is a full member club affiliate of Gymnastics BC. All participants, coaches and volunteers are registered and insured through Gymnastics BC annually Sept-Aug.

Whistler Gymnastics annual year is July-June.

WG AGM occurs in June and all members are invited to attend.

Whistler Gymnastics offers programs in 2 locations:

- **Oros Whistler Gymnastics** at the WSL Athlete Training Centre
 - Gymnastics For All (GFA)
 - Interclub (IC)
 - Competitive Women's Artistic (WAG)
 - Competitive Trampoline and Tumbling (TG COMP)
- **Pemberton Gymnastics** at the Pemberton Recreation Centre
 - Gymnastics For All (GFA)
 - Interclub (IC)

History of Whistler Gymnastics (the very short version)

1986 - Becomes a registered non-profit society, originating from the efforts of an earlier group of parents and coaches, operated recreational programs as a set up and take down operation in community schools and recreation facilities - Myrtle Phillip, Spring Creek, Meadow Park, old Pemberton Elementary School

1991 - WG sends their Women's Competitive Team to competition

2008 - Trampoline programs begin development

2010 - WG moves into our full-time permanent facility, Oros at the Whistler Athlete Training Centre after the Olympics. and begins to offer extended recreational (Aerials, Air Kids, Ninja, Parkours), and competitive programs. Community access programs (drop-ins, school visits, cross-training, parties) are added as well.

2011 - WG sends their first Trampoline Team to competition.

2014 - Pemberton Programs officially become a satellite GFA program of Whistler Gymnastics, operating out of Pemberton Recreation Centre, although WG had been offering programming and coaching support since 2002

2019-20 Covid closures in spring/summer/fall and impact into 21

2015, 2019 & 2023 - Whistler and Sea-to-Sky Gymnaestrada Teams attend World Gymnaestradas in Europe

Whistler Gymnastics Sport Philosophy - Vision, Values and Goals

Whistler Gymnastics Club offers safe, inclusive, quality gymnastic activity that fosters lifelong sport participation.

We will remain small enough to hold true value and big enough to be a model of sport excellence.

We will positively impact the development of children in becoming great individuals through the exposure to the fun, fitness and fundamentals of sport.

We act on our values of Quality, Respect, Well Being and Integrity.

We practise Safe Sport and Inclusion.

We recognize personal effort and achievement.

The organization is regarded highly for its professionalism, and its member care, as well as its sound programming.

Oros, Whistler Gymnastics Centre is recognized as a leading resource for sport excellence in Whistler, in British Columbia, in Canada and internationally.

We are at our best when providing an exceptional experience in which everyone can rise to their potential.

Communication

Current Club information is available on our website www.whistlergymnastics.com

Club communication is centralized through our office email info@whistlergymnastics.com

If you wish to reach one of the following directly:

- Oros Whistler GFA Head Coach: gfaheadcoach@whistlergymnastics.com
- WG Program Manager: program@whistlergymnastics.com
- WG Business Manager: info@whistlergymnastics.com
- WG Executive Director: director@whistlergymnastics.com

How to Register for a Whistler Gymnastics GFA Program

You should register online and with a credit card. No phone registrations are taken.

For more details relating to registration, refunds, class schedules, waivers, billings etc just follow this link. <https://www.whistlergymnastics.com/register>

No participation will take place until registration is completed.

Registration Refunds: There is no-refund for the membership portion. Program portions can be awarded prorated-refunds only available upon request within the 2 week adjustment period for new members after classes start or for extended medical(3 or more consecutive weeks with a medical). For adjustment period refunds just email BM info@whistlergymnastics.com . For Medical refund request use this form <https://activitymessenger.com/p/IUS4tA3>.

10% administrative charge on all withdrawals, transfers, and refunds requested by parents.

Canceled classes -WG reserves the right to provide credit, refund or class make-up for cancellations.

Health and Medical Alerts

When you register and join Whistler Gymnastics, please advise us if there are any cautions or alerts that affect your child or limits their participation. Things such as allergies, bee stings, past injuries, and limitations need to be information the club has to care for your child. Keep us updated on any changes. This is private information and will only be shared with coaches where necessary.

If children are ill, particularly with something contagious please keep them home. If they arrive ill, we will call you to come and pick them up.

If children get hurt at the gym, we will care for them following our established accident procedures and notify you. We always have a first-aid certified coach/staff in the gym.

Medical refunds are available for continuous absence of 3 consecutive weeks or more. Medical refund request form <https://activitymessenger.com/p/IUS4tA3>

What to wear

- Athletes should be in clean, athletic-gym clothes (sport shorts and fitted t-shirts or bodysuits) with clean, bare feet or gymnastic slippers. Trampoline socks are a recommended option for advanced GFA and COMP trampoline training.
- Clothing should have no buttons, belts, zippers, cords or anything to catch or scratch.
- Clothing should have no extra loose fabric (i.e. flounces, lace, skirts, pockets, cuffs, baggy clothing or costuming)
- Any added warm-up clothing (i.e. tights, and sweats) should be removed before participation on apparatus and floor.
- Hair needs to be held back off the face, out of the eyes and field of vision i.e. with fabric headbands or soft clips (no bobby-pins, sharp clips or hard headbands). In addition, longer hair (below chin level) needs to be secured and tied back, so it won't interfere in gymnastic activity, spotting, get caught in apparatus, and stay out of the eyes. (i.e. elastic bands, scrunchies, buns, ponytails, head-braids)
- Please remove jewelry before class. Stud earrings are allowed.
- It is inappropriate and unsafe to train in sport bras, or cropped tops with bare midriffs.
- Participation will not be allowed if appropriate gym attire is not worn.
- There are change rooms with hooks and shelving, as well as additional cubbies for coats and backpacks inside the gym. Outdoor wear (including hats/toques) and footwear should be removed before gym entry.
- Please do not bring valuables to the gym.
- Add labels so lost and found can be returned.

Whistler Gymnastics Code of Conduct and Behavior

Whistler Gymnastics is committed to ensuring everyone involved in our sport can do so in **welcoming, enjoyable, safe environments, free from discrimination or harassment.**

Every member of Whistler Gymnastics is expected to treat others with dignity and respect. This includes our participants, parents, coaches, staff and volunteers. Any behavior that's insulting, intimidating, humiliating, malicious, degrading, offensive, dangerous, or in direct, intentional, or repeated violation of our club policies is not acceptable and will result in disciplinary action.

Athlete Discipline Procedure

- The coach will talk to the athlete if they are breaking a rule.
- If the athlete needs to be spoken to again, they will be asked to sit out.
- If an athlete is misbehaving again the coach will talk to the parent after class or call them within 24 hours
- If it happens again the athlete will be asked to go home.
- If it's a very serious situation the head coach, program manager/executive director and parents will come up with an agreement.
- Any athlete, who cannot follow the code of conduct, can be suspended or withdrawn from the program with no refund.
- For Full Details please refer to Progressive Discipline Policy

Dropoff - Pickup -Parking-Lobby Supervision

- **Whistler Oros:**
 - Please park in the lots beside or across from the Athlete Training Centre.
 - Please observe the limited time in loop parking.
 - If you are dropping off or picking up your athlete off (if age 8 and up) the loop may work.
 - Take added care after dark. Athletes should not be walking across dark parking lots or heading home alone.
- **Pemberton:**
 - Please follow the Pemberton Community Centre Parking guidelines.
 - Take added care after dark. Athletes should not be walking across dark parking lots or heading home alone.
- Please come in to drop off and pick up athletes under 8. WG is not responsible for your athlete until they are actually in the gym, not just the building.
- The safe transfer of responsibility for children 6 and under needs to be through direct contact between the designated parent (or guardian) and staff.
- Participants should arrive 5 minutes prior to class and no more.
- Please be on time to pick up your children. If you are late picking up, your athlete will be inside the gym waiting. Please come in to pick up and acknowledge your pickup to the coach.
- If athletes are taking the bus from school, please arrange with other parents who are driving to supervise athletes in the lobby until class starts.
- **Respectful, safe and quiet behavior is needed in the lobby as we operate as part of a shared facility.**
- **It is the parent's responsibility to be in the lobby supervising participants. Lobbies are open to the public.**
- **Lobby supervision is not the responsibility of staff or coaches.** Club coaches are busy within the gym and will only be available 5 min before and after classes to greet or transfer care of your athlete.

Care of Valuables / Lost and Found

Whistler Gymnastics is not responsible for lost or stolen items. As our site lobbies are open and a public facilities, they are unfortunately accessible to the issue of theft. We highly recommend that no valuables be left unattended anywhere in the facility or gym, including our change rooms. Anything of monetary or personal worth should be left at home. Lost and found containers are located in the lobby. Any item left in the gym or change rooms are placed in the bin. Please label everything, backpacks, lunch kits, water bottles, shoes, jacket, gloves, and hats. We will keep lost and found items for 4 months, and at the end of each recreational session, we will take everything to the Re-Use It Centre unless there is a name in the article lost.

Volunteers

As with the majority of gymnastics clubs, Whistler Gymnastics is a non-profit society supported by the volunteer efforts of its members to function effectively.

Your volunteer assistance helps support our club.

We welcome all individuals that would like to help and volunteer.

Opportunities will be announced as needed.

Fundraising

As a non-profit organization, Whistler Gymnastics runs various fundraising events throughout the year. Fundraising is an integral part of Whistler Gymnastics to keep fees as low as possible.

Some of our annual events include selling Poinsettias at Christmas, Purdy's Chocolates at Easter, hosting our own Whistler Summer Classic (WSC) Meet and holding the Silent Auction at WSC. Our club relies on volunteers to help run the WSC and these fundraising events.

Whistler Gymnastics Club is also actively seeking private and corporate support in the form of sponsorship and donations.

The club will continue to pursue every avenue of fundraising open to them. Any expertise from you, to assist in new and better ways to secure financial support is welcomed.

Community Events

Whistler Gymnastics has traditionally participated in community events such as Canada Day and/or Pitch-In-Day. The exposure we receive from these events positively impacts new registrations each year, therefore, it is important to the financial viability of Whistler Gymnastics that our athletes offer their time and skills to show support.

Complaint Protocol

The volunteer Board of Directors of Oros Whistler Gymnastics Centre attempts to run the club to the best of their ability. However, we are unable to foresee every issue that may occur. PLEASE, do not let your problem go unaddressed or assume it cannot be resolved. We want to tackle any issues before they grow into major problems.

On governance issues you feel should be brought to the Board of Directors please contact the [Executive Director](#). He will direct you further on bringing items to the BOD's attention.

On daily operational concerns please contact the [program manager](#), [business manager](#) or the [Executive Director](#). depending on the type and severity of the concern.

On Athlete issues, please follow the complaint protocol as follows.

If a parent or guardian has a concern about their child please follow the outlined steps:

- Discuss the issue first with the coach involved and Head coach,
- If the coach, Head Coach, and Program Manager cannot resolve the problem, it will then be brought to the Executive Director.
- If the problem is still un-resolved, it will then be presented to the Board of Directors, with the Board's decision being final.
- **Matters of Harassment will** go immediately and directly to the trained GymBC Complaint Officer. Contact your ED for direction on this.

