



Online Video Sessions



Code of Conduct

- **Please ensure when entering a session that the username is set as the child's name, otherwise entry will not be permitted.**
- Please ensure gymnasts are wearing appropriate clothing for the session including leggings/shorts and ensure any household members in the background are also.
- Any devices used for the session must be in an appropriate area of your home i.e. not in bedrooms.
- Language must be appropriate and professional at all times including those of any family members in the background.
- Photography, videoing or recording of the sessions is prohibited due to safeguarding reasons.
- Please ensure gymnasts understand their physical and mental limits when participating in these sessions.
- Please ensure your camera is turned on when joining the session, anyone with blank profiles will be removed from the session due to safeguarding reasons.
- We recommend that a responsible adult is on hand to ensure the safety of the gymnast during the session.
- Please note that the risk of injury is assumed on the viewer. Sapphire Gymnastics cannot take any responsibility for damage to any personal possessions that may occur during the session.

What you Need

- Ensure you have Zoom downloaded and installed onto your device prior to the session.
- You will need a small area of floor space, wide enough to be able to lie down in.
- Ensure the area is clear of any objects that could cause injury to the participant.
- No additional equipment need to be purchased. Any equipment needed will be items found in the household and you will be notified prior to the session should anything be needed. E.g. A pillow, soft toy, cans.
- If you are able, ensure that gymnastics skills are not performed on hard surfaces and use a rug or mat where possible.
- Be aware of your surroundings. Make sure the area that you are doing gymnastics in, is a safe environment and remove any objects that may cause harm to yourself or someone around you.

