



PERFECT STORM GYM POLICIES

REGISTRATION

You may register one of three ways:

1. Online at www.perfectstormathletics.com
2. Over the phone
3. In person at the gym

Registration in one session does not automatically carry over to the next session. Athletes must re-register for each session unless otherwise communicated by Perfect Storm Athletics. There is no annual membership fee.

PAYMENTS

1. Payments may be made in advance of when charges are due by any of the following means:
 - a. Online using Visa or MasterCard.
 - b. Over the phone using Visa or MasterCard.
 - c. In person at the gym: cash, debit, Visa, or MasterCard
2. Payment must be made in full at the time of registration to ensure a spot in a class.
3. NSF payments (including declined credit cards) AND late payments are charged a \$40.00 penalty.
4. Athletes with outstanding accounts may not be permitted to practice.
5. GST is added to all charges except for open gym.

PARTICIPATION IN PROGRAMS

1. Participation may not be allowed if payment is not made prior to the start of the class or if payments for programs fall behind the set payment schedule.
2. All athletes must have a current and valid online waiver (link can be found on our website) completed by their parent or legal guardian (or themselves if 18 or older) prior to participation in any activity at Perfect Storm Athletics.

SCHEDULE CHANGES & MODIFICATIONS

All schedules may change without prior notice depending on staff availability and other considerations. Every effort is made to notify our families when changes are made. Please read your weekly Weather Forecast email, other email updates sent, your team WhatsApp group, and the notices posted in the gym reception area.

MAKE-UP CLASSES

In the event an athlete misses a class due to no fault of Perfect Storm Athletics, there will be no make-up class. In the event where Perfect Storm Athletics is responsible for a

missed/cancelled class, a make-up may be scheduled. In the event a make-up cannot be scheduled, the athlete shall be issued a credit on account (applicable to other classes or products redeemable at Perfect Storm Athletics). All make-up classes must be made up during the same session as the one in which they were missed and are non-transferable.

PRACTICE & CLASS VIEWING

1. Addressing your child during class or practices is not allowed.
2. Only athletes and coaches are permitted on the gym floors and equipment.
3. Please keep conversations quiet in the gym. Rude, disrespectful commentary and gossip in the gym will not be tolerated.
4. Discussing other people's children is not tolerated and is grounds for a written warning and/or dismissal from the gym.
5. Outdoor footwear is not allowed past the lobby.
6. Chairs are not to be moved from the seating area. There must be a walkway for athletes and coaches to get through.
7. Please do not put your feet up on the chairs. One chair per person.
8. Family members not adhering to these guidelines and Perfect Storm gym policies may receive a written warning to be kept on file, and/or be asked to leave the gym.
9. Perfect Storm Athletics, at its sole discretion, may restrict viewing at any time.

GENERAL GYM RULES

1. Use of the equipment is strictly forbidden without the proper supervision of a qualified Perfect Storm Athletics coach.
2. The Supervising Coach is in charge. The manager and/or supervising coach has the authority to refuse anyone entry to, or remove anyone from the gym.
3. Horseplay In the gym is not tolerated.
4. Open Gym is for ages 8 and up. Anyone under the age of 8 must have a parent present.
5. All accidents/incidents must be reported to the supervising coach or gym manager immediately.
6. All equipment must be returned to its original place by the user.
7. Any skill which is unfamiliar to a person must not be performed without supervision by a certified coach.
8. Only clean indoor running shoes are allowed on the gym floor. Outdoor shoes must be placed on the shoe racks.
9. Jewelry of any kind, including all body piercing jewelry, is not allowed in practices, classes or open gym. Taping of piercings is only allowed in the months of May, June, July, and August. Keep this in mind if getting a new piercing.
10. No shouting, swearing, or rude language while in the gym or while representing Perfect Storm Athletics..
11. Long hair must be tied back.
12. Fingernails must be an appropriate "sport length". Athletes whose nails are deemed too long (unsafe) will not be permitted to practice until they are cut.
13. Appropriate athletic clothing must be worn while training in the gym.
14. No gum, candy, food, or drink (except water) allowed in the training area.

15. No loose objects or equipment allowed on tumble track (balls, hoops, etc.)
16. Phones should be kept inside zipped up bags/purses while athletes are in practice or participating in an activity.
17. Proper equipment set-up and safety mats must be in place at all times for all skills at all levels.
18. Perfect Storm Athletics has a nut allergy alert in effect. Nut products are not allowed at Perfect Storm Athletics.
19. Smoking, e-cigarettes, vaping, drugs (including marijuana) or alcohol are strictly prohibited while at the gym, while in team gear/uniform or while representing Perfect Storm Athletics. Any athlete contravening this may be immediately removed from their team and the gym.
20. Anyone coming to the gym under the influence of alcohol or drugs may be immediately dismissed from the gym/program.
21. Jeopardizing the safety of oneself or anyone else is grounds for disciplinary action or dismissal from the gym/program.
22. Inability or refusal to follow these and other coach directives and/or rules may result in immediate expulsion from the gym/program. This applies to athletes, parents, and anyone visiting the gym.

Perfect Storm Athlete Responsibilities

1. Athletes must be aware that no person has a right to be a part of Perfect Storm Athletics. It is a privilege.
2. Athletes must be aware of the responsibilities required and the commitment they are making to their team.
3. Athletes must be willing to cooperate and be helpful to the coach or any person in charge.
4. Athletes must realize the manner in which they conduct themselves while representing Perfect Storm Athletics directly reflects on the entire program.
5. Athletes must be willing to work hard, take directions, apply corrections, and strive for excellence.

Expectations of Perfect Storm Athletes

1. Athletes will maintain the highest standards of behaviour. Any negative behaviour towards Perfect Storm Athletics' staff or athletes, or towards any other gym or team via any medium (including Facebook, Twitter, Instagram, Snapchat, or any other forms of social media) may result in a written warning to be kept on file or dismissal from the program. In addition, athletes shall not post any compromising or derogatory photos or videos of themselves, other athletes, or coaches on any websites or social media including "fail" photos and videos.
2. Athletes will be on time to all activities including practices, team activities, and competitions. Continuous tardiness and or absences will be grounds for disciplinary action or dismissal.
3. Abusive behaviour, lying, or any negative form of behaviour is grounds for dismissal.

4. Athletes will maintain proper appearance. Correct practice gear is to be worn to every practice and hair must be pulled back. Teams may have specific requirements for this.
5. Athletes will come prepared to all activities.
6. Athletes will do everything in their power to achieve personal and team goals.
7. Continuous failure to be productive at practice is grounds for disciplinary action or dismissal.
8. When absent, athletes are responsible for finding out any missed information or choreography.
9. Team groups (WhatsApp, Facebook, other) are for positive communication only. Any constructive feedback should be brought to management or ownership by email or phone.
10. We encourage positive and open communication. If an athlete has a question or issue, our door is always open.

Attendance

1. **All practices are mandatory.**
2. Athletes who are injured should still attend practice to observe. If an athlete is ill (contagious, coughing, fever, throwing up, etc) the team's coach(es) must be notified and the athlete must stay home.
3. Athletes/parents are responsible for notifying the coach(es) of absences (for any reason) with as much notice as possible.
4. An athlete missing a practice or practices just prior to a competition may result in that athlete's position being changed or the athlete being removed from the routine for that competition at the coaches' discretion. If this occurs, the athlete will be put back in the routine following the competition, but it may not be in the same position(s) prior to the absence.

Competitions

1. **Competitions are mandatory.** Athletes missing a competition may compromise the ability of the entire team to perform the routine. If an athlete must miss a competition coaches must be notified as early as possible.
2. All athletes must attend on time and in proper competition attire as determined by the gym.
3. Competition commitments include those activities prior, during, and following the actual competition, which all athletes are required to attend.

Expectations of Perfect Storm Parents & Guardians

1. Any criticism or negative behaviour of a parent towards any of the following may result in a written warning to be kept on file and/or dismissal of the athlete and/or parent from the program: Perfect Storm Athletics athletes, staff members, or volunteers; another gym's athletes, parents or staff; event officials, workers or volunteers.
2. Conduct yourselves in a manner that demonstrates sportsmanship and positivity.
3. Ensure your child is following Perfect Storm rules and expectations at all times.

4. Please ensure that your child is dropped off and picked up on time. Coaches/staff are not responsible for the children before and after class.
5. Parents are to inform the coach or gym if the athlete is to be late or absent from practice. As much notice as possible is appreciated.
6. In the parent viewing area phones must remain on quiet / vibrate. No flash photography.
7. Parents are responsible for reading gym communication and must fulfill all financial obligations.
8. Parents are to positively encourage and support their athlete. Negative talk in the gym is not acceptable.
9. Competition commitments include those activities prior to, during, and following the actual competition and all athletes are required to attend. If parents are unable to stay for the whole competition, other arrangements must be made so that the athlete can stay for the whole competition.
10. There will be times that parents will not be permitted to view practice.
11. On travel trips, parents are not allowed to attend any practice gyms or accompany athletes on team buses for any team activities. These activities are reserved for athletes & coaches only.
12. Team groups (WhatsApp, Facebook, other) are for positive communication only. Any constructive feedback should be brought to management or ownership by email or phone.
13. We encourage positive and open communication. If a parent has a question or issue, our door is always open.

LOST & STOLEN PROPERTY

Perfect Storm Athletics is not responsible for lost or stolen property. Look for lost items in our "Lost & Found" bin. We encourage athletes to leave valuables at home. Valuables brought into the gym like wallets and cell phones should be placed inside a closed bag and left there. The same goes for any clothing not required to be worn during a practice.

FOOTWEAR & ATTIRE

The gym is an "indoor shoes only" facility. Upon entering the gym, athletes and visitors are required to remove their footwear and place it on the shoe racks in the lobby. Athletes should not wear their cheer shoes outside. Only appropriate indoor gym shoes and athletic wear are allowed in the training area. All extra clothing and personal belongings must be left in the cubbies provided for athletes.

RISK & RESPONSIBILITY

Cheerleading, tumbling, and other activities offered at Perfect Storm Athletics may involve a certain element of risk, which may result in bodily injury (including the risk of severe or fatal injury) to the participant. Cheerleading also requires the coach to perform some manual spotting which involves direct physical contact which is designed to assist the participant in the safe performance of the program skills. Anyone participating in any activity at Perfect Storm Athletics is required to complete an online waiver form.

PERFECT STORM BRAND

The Perfect Storm Athletics brand has taken years to develop and it belongs to Perfect Storm Athletics. We regard our brand as an important element of our success. Unauthorized use of our brand, in any way, is not permitted. Permission to use the Perfect Storm logo, name, hash tag, slogan, cheer, or team-specific words/names or variations of which on any merchandise for personal or commercial use must be obtained from the owners in writing, in advance, no exceptions.

SOCIAL MEDIA

Perfect Storm has a strong social media presence. We encourage all athletes and families to follow our social media. We also expect that athletes and parents will use good judgement when posting on social media, especially when posts involve our brand. Negative or questionable posts made while wearing our brand may result in a written warning to be kept on file, or dismissal from the program. Social media surrounding Perfect Storm Athletics must be positive. Any negative behaviour of an athlete or parent towards a Perfect Storm Athletics athlete or staff member, another gym, athlete, or team, or other inappropriate posts via any medium, may result in removal from the gym, and/or dismissal of the athlete and/or parent from the program.

PRIVACY

Perfect Storm Athletics' priority is to safeguard any information provided by our members. We are committed to meeting, and where possible, exceeding, the requirements of all applicable privacy legislation that relates to Perfect Storm Athletics. Athlete information is maintained as strictly confidential with the exception of providing team lists and contact information to parents. Unless you authorize us to release it, or release is required or permitted by law/privacy legislation, we will not disclose information about you to any third parties. Questions or concerns related to our privacy practices should be directed to Leanne Campbell at leanne@perfectstormathletics.com.

SAFESPORT

At Perfect Storm Athletics, safety is one of our core values. We take great care to ensure our athletes are safe in every respect and we want to ensure everyone is aware of all the opportunities available to them to report concerns. A list of "Safe Sport" resources and protocols can be found on our website at www.perfectstormathletics.com under the resources tab.