Richmond Gymnastics Association
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DOCUMENT CONTROL

DOCUMENT AUTHOR

The author of the Competitions Policy is the RGA Management Team

DOCUMENT LOCATION

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DOCUMENT HISTORY

The following versions of the document have been produced.

Version	Description of Change	Date
V1.0	Draft	01/2018
V1.0	Baselined document (Final)	11/2019
V1.0	Reviewed with no changes	08/2022
V1.0	Reviewed with no changes	08/2023
V2.0	Updated	08/2025
V2.0	Reviewed with no changes	09/2026

DOCUMENT APPROVALS

The following individuals have been identified as approvers of the Competitions Policy.

Name	Role	Date
Salme Naylor	Director of Coaching	09/2026
Melanie Sanders	Operations Manager	09/2026
Tracey Brown	GfA Manager & welfare officer	09/2026
Chris Brockbank	Board member	09/2026

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Introduction

RGA gymnasts take part in broadly 4 types of competitions:

'Club' described as competitions that the whole squad or club attends e.g. RGA Club championships, Tumbling, Regionals, British Finals

'Invitational' – UK competitions where a team representing RGA compete e.g. King Edmunds

'International' – International competitions where a team of RGA gymnasts travel as a group to represent either RGA or another entity, e.g. Ireland, Bulgaria

'Representative' – individual gymnasts selected for national team competitions.

The first and last are considered out of scope as generally the club is closed for the former and only the gymnasts are involved in the latter.

Invitationals present fewer issues, as travel is easier, however they are considered here as they require coaching cover to be arranged.

'Internationals' provide the greatest cause for consideration as they require coaching cover and can also involve significant travel.

Coaching

Any competition that conflicts with a normal training session requires the squad coaches affected to work with the Director of Coaching (DoC) to make alternate arrangements for non-competing gymnasts. For the avoidance of doubt, it is suggested that where four or fewer gymnasts are traveling only one designated coach need accompany and where five or more compete two coaches should travel. Any exceptions are at the sole discretion of the DoC.

International Travel/Overnight stay

Any competition that requires lengthy travel and/or overnight stays require further consideration form a safety and welfare perspective.

For all such competitions it is encouraged that as many parents as possible travel to ensure the welfare of the gymnasts and support the coaches and that at the least two adults accompany the group (one of whom may be the coach).

If only one coach is travelling, then one or more parents should be prepared to take some responsibility as chaperone(s), and or welfare officers. Such individuals should ideally be trained and have DBS check clearance and British Gymnastics welfare training.

If no parent can travel or none travelling are willing to take on this role RGA will fund an official chaperone to travel with the party, who may be another coach or a parent.
In both instances parents/chaperones should understand that they have no competition status and leave all coaching matters to the coach. There may also be times when they are unable to travel with the team from hotel to venue etc

Risk Assessment

It is the designated coach's responsibility to undertake proper risk assessment and complete required paperwork prior to attendance along with appropriate medical and any other forms. This protects coach and RGA as well as ensuring due care is taken. Appropriate meetings and discussions will take place prior to travel.

Competition Funding

Gymnasts are responsible for their own competition fees and travel costs and additionally the cost of the chaperone and coach's expenses will be split between the travelling gymnasts. Please also see the **Travel Funding Guidelines** for squads and invitational groups.

The RGA Competition Policy will be regularly reviewed by the Trustees and updated as necessary.