



Twist & Flip Gymnastics Academy

Social Media Guide for Parents

At Twist & Flip Gymnastics, the safety and wellbeing of our gymnasts is our top priority. This guide explains how we use social media safely and what we ask from parents.

1. Sharing Photos & Videos

- We always get parental consent before sharing images or videos of children.
- Children will not be identifiable without consent.
- Please do not post images or videos of other children without permission.

2. Official Club Accounts

- Only authorised staff post on official Twist & Flip social media accounts.
- Posts focus on gymnastics activities, events, and achievements.
- Content is always positive, professional, and inclusive.

3. Staff & Parent Guidelines

- Staff never contact children on personal social media.
- Parents should not raise complaints publicly on social media — please contact the Welfare Officer or club management.
- All posts must respect the privacy of others and maintain a positive club image.

4. Safeguarding & Privacy

- Any content that raises safeguarding concerns will be reported immediately to the Welfare Officer.
- Personal information about children, staff, or parents is never shared online.
- Our social media rules are in place to protect everyone and comply with British Gymnastics safeguarding standards.



TWIST & FLIP

GYMNASTICS ACADEMY



5. Reporting Concerns

- If you see anything concerning on social media related to our club, contact our Welfare Officer immediately.
- Staff or volunteers who breach these rules may face disciplinary action.

Contacts

- Welfare Officer: Kate Richardson – welfare@twistandflipgymnastics.co.uk
- Director: Nicky Nicol – director@twistandflipgymnastics.co.uk

✓ Key Points for Parents:

- Consent is required before posting or sharing images/videos.
- Respect other children's privacy.
- Raise concerns privately, not on social media.
- We are committed to keeping gymnastics fun, safe, and inclusive for everyone.