

## How do I log in to the new system?

This guide shows you how to log into your account on the membership system and access everything you need to manage your membership and account details, from changing/adding clubs to updating your address

### This guide covers:

- Where to log in
- How to reset your password

## Where to log in

### [Scottish Gymnastics website](#)

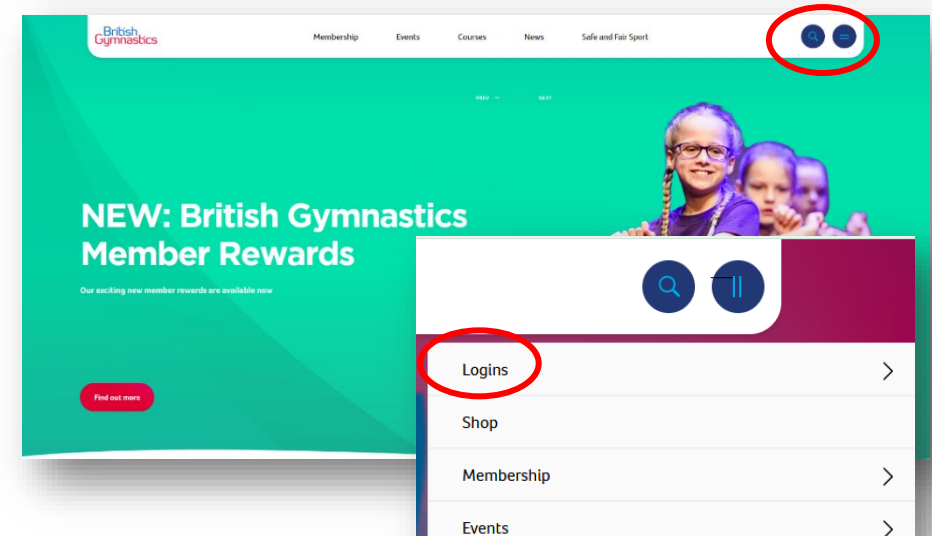
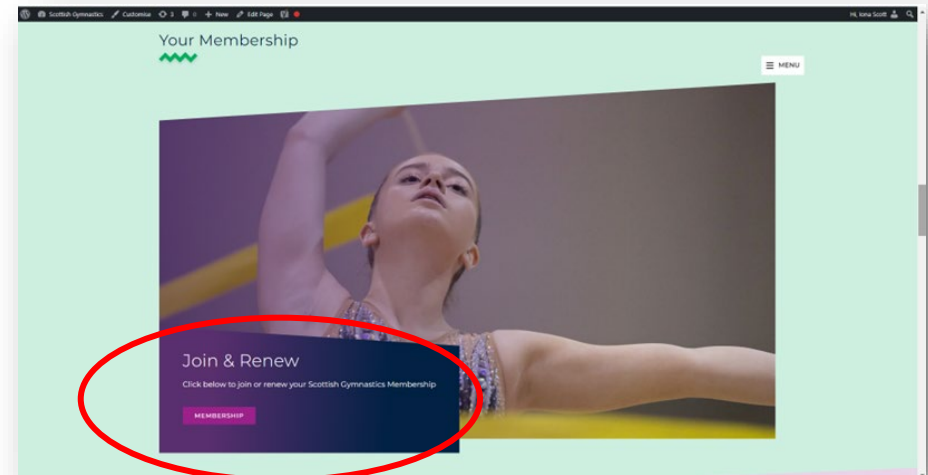
scroll down the homepage to 'Your Membership' and click the button to go straight to My BG login page.

### [British Gymnastics website](#)

On the main page, click on the blue circle on the top right of your screen

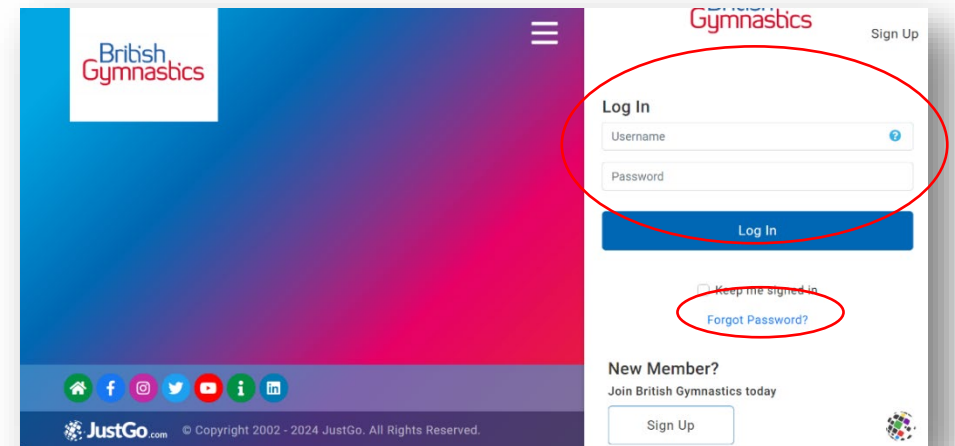
This brings up the side menu where you see 'Logins' as the top option

Select 'Logins' and to log in to your My BG account



Log into your My BG account using your email address/username and password

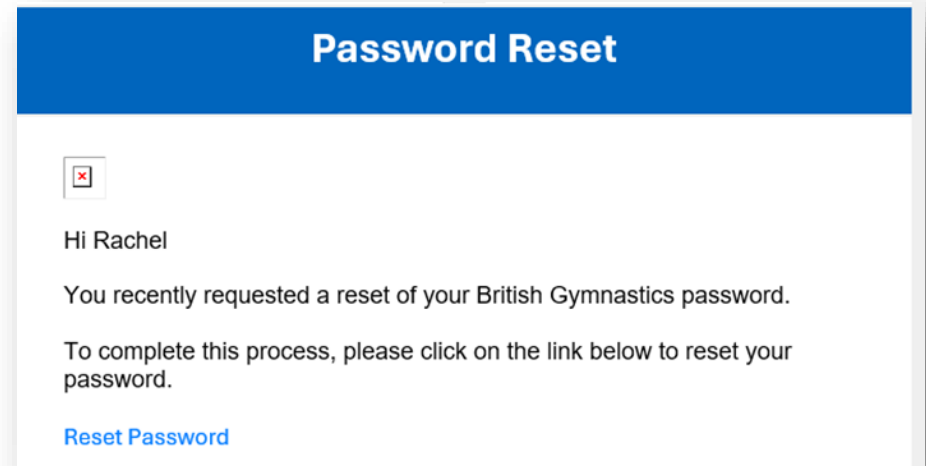
If you're logging into the system for the first time, you need to add your email address to the 'username' field and then click 'Forgot password'



We will send you an email

*It may land in your spam or  
trash folders, so please  
check them all*

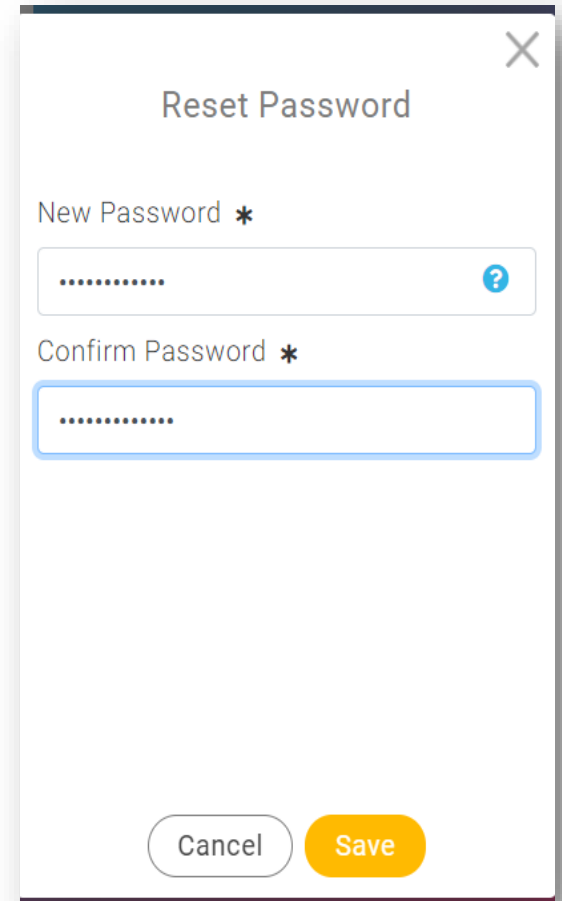
This email has instructions  
you can follow to reset your  
password



When resetting your password, it must be

- at least 8 characters long
- contain upper- and lower-case letters
- a number
- and a special character

You follow the same process if you want or need to change your password



Reset Password

New Password \*

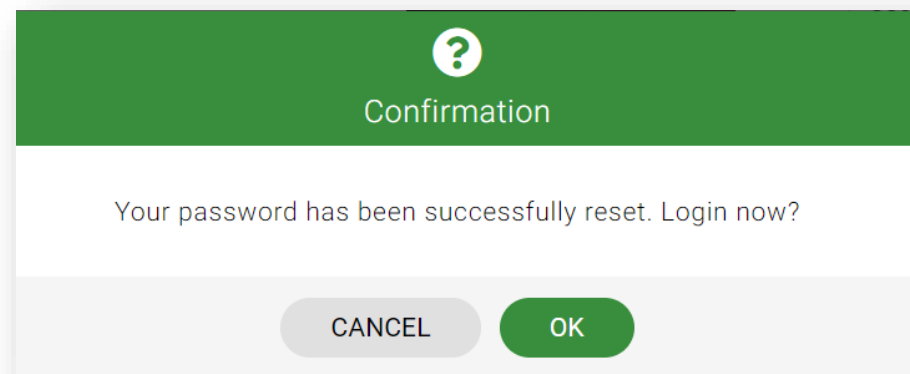
 ?

Confirm Password \*

Cancel Save

Click the green 'OK' button

You have successfully reset  
your password once you  
have clicked this button



You are then returned to the login screen, where you can enter your email address and your new password

