

GYMNAST CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary actions.

- All gymnasts must respect coaches and leaders and their decisions, “bad”, unprofessional attitudes will NOT be tolerated!
- All gymnasts must respect opponents and other team gymnasts.
- Gymnasts should keep to agreed timings for training or inform their coach if they are going to be late, or have to leave early.
- Gymnasts must wear suitable attire for training, i.e. leotards, shorts, leggings to be worn and no “trendy” wear, jogging bottoms as these items can jeopardise safety and prevent safe coaching within supporting skills.

and

- keep long hair tied back
- Remove all jewellery, watches, etc.
- Remove all piercing
- No jeans or clothes with clips and buckles on
- Gymnasts should ensure they have been to the toilet before commencing training sessions.
- Gymnasts must ensure their belongings are stored as close to the mirrors as possible, NOT around equipment or near sprung floor.
- Gymnasts must inform their coach of any injuries or illness they may have before the warm-up begins.
- Those who do not participate correctly in their session warm up will not be able to train until the coaches feel satisfied that sufficient warm up is completed.
- Gymnasts should treat all equipment with respect.
- Whilst awaiting a turn, gymnasts must stand sensibly, unless asked to do otherwise by the coach.
- Chalk should only be used when necessary and never be ‘clapped’ into the surroundings.
- Gymnasts should check with coaches before attempted different skills not set by the coach.
- Gymnasts should not consume any food products during a session/ in the gym.
- Gymnasts must not use bad language in any way during a session.
- Gymnasts should remain with coaches at the end of a session until collected by their parent or guardian.
- Gymnasts must pay any fees for training or events by the set deadlines.
- All club gymnasts must have current British Gymnastics Membership; this is your insurance cover and licence to compete.

COACHES / HELPERS CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary actions.

- “Remember; you are a role model to the gymnasts and younger coaches, they are constantly observing you and your actions.”
- All Coaches, volunteers and leaders must respect and understand that the Principal Coach’s decisions are final.
- When working along side a lower level qualified coach with a group, do not exclude them; involve them in the activity to gain knowledge.
- When working alongside higher qualified coaches, take advice and constructive criticism gracefully and do not attempt to ‘over-coach’.
- Coaches must wear suitable attire for training and display consistently high standards of behaviour by;
 - Arriving to sessions on time, preferably at least 10 minutes beforehand for briefing.
 - Not using inappropriate language.
 - Having a professional attitude whilst on duty.
 - Keeping long hair tied back
 - Removing all jewellery, watches, etc.
 - Removing all piercing
 - No jeans or clothes with clips and buckles on
- Coaches must not show favouritism within participants due to performance or personal preference in any way.
- Coaches must consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers based on mutual trust and respect.
- Hold the appropriate, valid qualifications and insurance cover.
- Make sure all activities are appropriate to the age, ability and experience of those taking part and ensure all participants are suitably prepared physically and mentally when learning new skills.
- Never consume alcohol immediately before or during training or events.
- Never exert undue influence over performers to obtain personal benefit or reward.
- Always report any incidents, referrals or disclosures immediately to the Principal Coaches or relevant committee members
- Never condone rule violations or use of prohibited substances.
- Make sure that confidential information is not divulged unless with the express approval of the individual concerned.
- Promote the positive aspects of the sport (e.g. fair play).
- Encourage performers to value their performances and not just results.
- Incidents of slander towards the club, its coaches, gymnasts or any other clubs will NOT be tolerated.



PARENT / GUARDIAN CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary actions.

- Parents are not allowed onto the training floor when a session is taking place; viewing balconies must be used during this time.
- All concerns, issues etc must be taken up with the coaches before or after a session, NEVER whilst a session is taking place.
- Regardless of spectator's backgrounds/ experience, they must not distract or interfere with the gymnast's training.
- Parents must not distract coaches or communicate with the coaches whilst a session is taking place.
- When at a competition or other events, parents MUST NOT approach judges, officials, organisers etc as this can lead to club disqualification. If there are any concerns please see the relevant Principal Coache or committee members.
- Encourage, not bully the gymnasts into learning or progressing. The GYMNASTS only get out, what the GYMNASTS put in...NOT what the parents want them to put in.
- Discourage the gymnasts from challenging / arguing with judges, officials, coaches during training and events. Follow the right procedures if a there is a matter of concern.
- Help the gymnasts to recognize that their training / competition results are NOT the "be all – end all" of gymnastics within our club. Personal progression and Improvement is our policy and what matters most.
- Keep the club informed of your child's well being (matters that can affect them mentally, physically etc).
- Notify the club of changes to any personal information, i.e. contact info.
- Please make sure that appropriate language is used at all times. (Gym, competitions, events etc).
- Ensure your child is collected promptly at the end of a session or notify the coaches if other arrangements are in place, as the coaches personal time is given up to ensure the gymnast's safety after a session has finished.
- ENCOURAGE and SUPPORT your child; never belittle, punish, bully them due to bad performance, progress. The gymnasts will learn at their own natural rate.
- Incidents of slander directed towards the club, its coaches, gymnasts or any other clubs will NOT be tolerated.

COMPETITION CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary actions.

- Competition fees must be handed in by the stated deadline date, failure to do so will result in the gymnast not being entered.
- All gymnast's competing are expected to attend the free competition training session.
- All gymnasts must be affiliated to British Gymnastics.
- Gymnasts must make the utmost effort in remembering their information, i.e. floor routines, vault, and springboard distance.
- Competition attire: **Girls** - Club Leotard **Boys** – Club Unitard
- White Lycra Shorts
- If a gymnast wishes to compete, club attire **MUST** be purchased, except for gymnasts who have exceptional financial situations preventing them from doing so. (*Please notify committee*)
- Gymnast's competition presentation/ look:
 - suitable hair (tied back)
 - NO jewellery
 - NO nail varnish
- UNFORTUNATELY – All competition judges will penalise gymnasts if underwear can be seen. i.e. "pants / knickers / bra's" showing outside of leotards / unitards or shorts. Please try and prevent this from occurring, don't risk your scores.
- Parents / guardians and gymnast's **MUST NOT** approach judges / officials during the competition. Any concerns must be brought up with the relevant Principal Coach when suitable.
- Gymnasts must arrive half an hour before their allotted time to warm up, as competition organisers have the right to run early.
- Warm up must take place when and where stated.
- Parent's **MUST NOT** enter the warm up room or go onto the competition floor.
- Gymnast's **MUST NOT** enter the warm up room or go onto the competition floor unless it is their allotted time or have been instructed to by coaches or officials.
- Try and sit with other club members in the audience so it is easy for the coaching team to locate gymnasts and to gain maximum support and cheers.
- Please cheer all club competitors at competitions and **DO NOT** show un-sportsmanlike behaviour.
- The club would appreciate it if all gymnasts stayed for the medal awarding presentations to show support and give a good "whole club" impression.
- Incidents of slander towards the club, its coaches, gymnasts or any other clubs will **NOT** be tolerated.