



PARTICIPANT CODE OF CONDUCT

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

- P:1 All gymnasts must demonstrate respect to all coaches/ leaders and their decisions.
- P:2 All gymnasts must respect opponents / team mates.
- P:3 Gymnasts should keep to agreed timings for training or inform their coach if they are going to be late, or have to leave early. *(Coaches reserve the right to refuse entry)*
- P:4 Gymnasts must wear suitable attire for training, i.e. leotards, shorts, leggings etc
and
- P:4:1 Keep hair longer than chin tied back
 - P:4:2 Remove all jewellery, watches, etc.
 - P:4:3 Remove or cover all piercings
 - P:4:4 No jeans or clothes with clips and buckles on
 - P:4:5 Bare feet, verruca's/ athlete's foot must be covered until completely cured. *(i.e. gym shoes, plasters)*
- P:5 Gymnasts should ensure they have been to the toilet before commencing training sessions.
- P:6 All gymnasts under 7yrs must have a parent/ guardian on site in case they need the toilet.
- P:7 Coaches must be informed of any injuries or illness that may affect the training session.
- P:8 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.
- P:9 Participants should not consume any food products during a session/ in the gym.
- P:10 Gymnasts should remain with coaches at the end of a session until collected by their parent or guardian.
- P:11 Fees must be submitted by the set deadline date.
- P:12 All participants must pay the annual club membership fee, regardless of their start time. This is always due by September.