



## CODE OF CONDUCT FOR GYMNASTS

We are fully committed to safeguarding and promoting the well-being of all our members. The Club believes it is important that gymnasts, coaches, committee members, club helpers and parents associated with the Club should, at all times, respect and show an understanding for the safety and welfare of others.

The essence of good ethical conduct and practice includes but is not limited to below: -

### **All gymnasts should:-**

1. demonstrate good timekeeping for training and competitions and have someone inform the Club if you are going to be late/absent. The expectation of good timekeeping is that gymnasts are in the building ready to start the session promptly. This includes gymnasts being changed into appropriate kit and having visited the toilet before session start time.
2. wear suitable kit for training – leotards are preferred for all gymnasts. Crop tops are not permitted. If a leotard is not worn, the Club t-shirt or vest is an option, gymnasts may be asked to tuck this in. Shorts or leggings/gymnastic longs can be worn. Tracksuit bottoms are not permitted. Keep all hair tied back in such a way that it does not interfere with moves/touches the floor during practice. All jewellery must be removed before training. Verruca must be covered with plasters or wear gym shoes. Socks should not be worn for gymnastic classes unless directed by coach, they should be worn for all trampoline classes. Shooting star gymnasts should bring socks with them for their trampoline section.
3. follow Club dress code during trips, competitions and events wearing the correct Club kit at all times, unless otherwise directed. Please refer to Club kit list for details.
4. tell the coach in charge of any injuries or illnesses before the warmup begins or as soon as an injury becomes apparent during training.
5. not eat or chew gum during training sessions.
6. be aware that phones should not be out in sessions. The only exception to this is,

with coaches permission, gymnasts may use phone to video skills for personal use.

7. adhere to club social media policy. Gymnasts should not publish pictures on social media without consent from gymnasts/coaches involved.
8. always try their best in all training sessions, working to the best of their ability. Make every training session valuable and productive by fully engaging with coaches.
9. engage in respectful discussion with a coach if there is a difference of opinion. It is very important this discussion does not interrupt training or compromise the safety and well-being of gymnasts. Where these discussions are necessary, they should occur at the start or end of a session.
10. when competing/attending trips participate within the rules and respect coaches, judges and their decisions. Gymnasts will, at all times display respect and support for fellow gymnasts from their own and other Clubs/organisations.
11. respect your Club gym, Sports Centres and surrounding equipment, treat them with respect. Clothing and kit should not be left lying around the hall, bottles of juice/water should be placed in the bin when empty/at the end of session. Always keep gym tidy, ensure equipment is returned to origin/looked after. Respond positively and to the best of your ability if a coach asks for help with equipment.
12. bring healthy fuel filling meal (if meal break planned), in advance of session starting, respecting any known allergies experienced by fellow gymnasts. Energy drinks containing caffeine should not be consumed on club premises or when a gymnast is travelling with/representing the Club.
13. use designated seating areas only for breaks/consuming food.
14. not use the gym office unless asked to by coaches.
15. not leave club premises without being in care of parent/guardian/carer or any other nominated person who has been given prior authorisation. If gymnast is under the age of 14 consent of parent/guardian/carer is required prior to a gymnast leaving club premises alone.
16. be proud to be part of their Club, always demonstrate good manners and behaviour when training and representing the Club. Dynamite gymnasts should welcome all new members/guests to the Club and ensure that everyone has a positive experience of the club.
17. respect all gymnasts and fellow Club members and will not instigate or participate in any form of bullying. The club has a zero tolerance of bullying. All Dynamite gymnasts will commit to positive and supportive behaviour. This means that all gymnasts must not engage in gossip, single out an individual gymnast for criticism or blame. Gymnasts must demonstrate tolerance and patience, always working together to promote the safety and well-being of all Club members; this means no

gymnast should be excluded.

18. act as role models for the Club, younger and less experienced gymnasts. Where a gymnast is legal age to smoke/vape or consume alcohol this should not be done in the presence of younger gymnasts and must not occur when this may impact on a gymnast's performance/participation.
19. not take or encourage others to take any illegal substances.
20. never be afraid to tell coaches/CPO if they see/hear anything in gym that goes against Club rules, this can be done in confidence if the gymnast prefers.
21. be aware Dynamite Gymnastics Club do not take responsibility for lost personal items, gymnasts are responsible for looking after their belongings, which should be labelled, only bring what you need and ensure it is labelled.

This code of conduct has been prepared to support the well-being of all Dynamite Gymnasts. The Club Directors respectfully ask that all gymnasts agree to this code of conduct.

If a gymnast behaves outwith the code, in the 1st instance the gymnast's personal coach will speak with the gymnast. If it is necessary for the gymnast's coach to speak with the gymnast about behaviour outwith the code for a 2nd time, the gymnast's parent/guardian will be informed. Should a conversation be required for a 3rd time this will result in a meeting with the Club Head Coach, a member of our Welfare Team and personal Coach to discuss the way forward. This may include identifying suitable intervention(s), creating an action plan with review dates alongside the gymnast, to help the gymnast overcome any difficulties.

Code of Conduct for gymnasts updated December 2022