

Gymnast Code of Conduct

<i>Approved by (role)</i>	<i>Author</i>	<i>Date</i>
Board of Directors	Andrew Payne	01/09/2024

Document History

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We are fully committed to safeguarding and promoting the well-being of all our members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club.

As a member of Synergy Gymnastics London you are expected to abide by the following club rules:

- 1) All members must participate within the rules and respect coaches, other gymnasts, officials and their decisions and instructions.
- 2) Gymnasts should respect each other. No name calling, cussing, intimidation, physical harm is acceptable. This also includes anything else that can be considered disrespectful towards another person. The same standards are expected online including social media and any other forms of electronic communication such as what's app or text between gymnasts.
- 3) Gymnasts should arrive on time for training sessions. This is at least enough time in order to be changed and ready when the warm up begins.
- 4) Gymnasts (or parents) must inform the lead coach of any injuries or illness they may have before the warm-up begins.
- 5) Gymnasts should demonstrate a positive attitude towards training and their behaviour should demonstrate that first and foremost they are willing to learn and improve.
- 6) Gymnasts should be supportive of one another and avoid behaviour that can distract or annoy others.
- 7) Gymnasts should wear t-shirt, shorts or leggings to training. Squad gymnasts are expected to wear a leotard but this is optional for all other programmes.
- 8) Socks must be removed unless gym shoes are worn. Socks can only be worn on Trampolines.

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- 9) Football style shorts are not appropriate as coaches must be able to see the leg shape during exercise and baggy clothing can get caught on equipment.
- 10) Keep all long hair tied back. Remove all body jewellery. This includes stud earrings.
- 11) Gymnasts should treat all equipment with respect and return items to their correct storage place.
- 12) Food should only be eaten in waiting areas and not in the training areas, on gymnastics floors or on mats
- 13) Fast food, chewing gum and fizzy drinks are not appropriate in the gym
- 14) Gymnasts should remain with coaches at the end of a session until collected by their parent or carer.

Where appropriate, coaches have been instructed to deal with poor behaviour in training sessions using the following steps:

We encourage coaches to deal with challenging behaviours in an age-appropriate manner using a calm but firm voice. Praising positive behaviour and effort is also part of the process so please take these steps in context and not as stand-alone sanctions or punishments.

- 1) Verbal warning
- 2) Time out
- 3) Conversation with a parent / carer
- 4) Gymnast asked to leave the remainder of a session
- 5) Email sent to parent / carer
- 6) Change of class or group
- 7) Membership terminated