

Gymnast Code of Conduct

In addition to adhering to and following all procedures contained within Solent Gymnastics Club code of ethics that is applicable to all people bound by this policy, this specific code of conduct has been developed for all gymnasts.

This code has been developed to provide young athletes with advice on the behaviour that is expected of them when attending and using the facilities of Solent Gymnastics Club.

All gymnasts should:

- a) Respect all the rules and policies at Solent Gymnastics Club and British Gymnastics/Home Countries.
- b) Try your best! - Remember that honest effort is just as important as victory.
- c) Enjoy yourself – Gymnastics is always meant to be fun!
- d) Be friendly and supportive to other athletes.
- e) Participate and compete fairly.
- f) Be ready for every session.
- g) Ensure you are appropriately dressed for your session and have brought the right equipment with you.
- h) Look after our gym and equipment like it was your own.
- i) Respect the opinions of coaches/instructors, judges and staff.
- j) Keep yourself and others safe – always report inappropriate or unsafe behaviour to a trusted adult.
- k) Behave and listen to all instructions from your coach/instructor and other staff members.
- l) Always tell a coach/instructor if you are injured or sick.
- m) Think about what you post online. Remember that once it is out there it is out there for everyone.
- n) Respect and celebrate difference in our club and not discriminate against anyone else

All gymnasts should not:

- a) Enter the gymnastics area unless a coach/instructor or staff member permits you to do so.
- b) Bully anyone or pressure other gymnasts to do something they don't want to do.
- c) Use a mobile phone during training, at competition or in changing rooms.
- d) Use mobile phones or other electronic devices to undermine, put down or belittle other gymnasts, coaches/instructors or staff members.
- e) Use bad language or yell/abuse anyone.
- f) Take part in inappropriate or illegal behaviour.
- g) Carry or consume alcohol or illegal substances while training or competing in gymnastics.