

# CHELTENHAM & GLOUCESTER GYMNASTICS CLUB

## Cheltenham & Gloucester Gymnastics Club Code of Conduct (Coaches)

For the safety and wellbeing of our members, Cheltenham & Gloucester Gymnastics Club implements the following code of conduct which all coaches must abide by.

### Code of Conduct:

Rights – Coaches must respect and champion the rights of every individual to participate in sport and physical activity. Therefore, coaches should:

- create an environment where everyone has the opportunity to participate in gymnastics.
- maintain an environment free of fear and harassment.
- recognise the rights of all participants to be treated as individuals.
- recognise the rights of participants to seek advice from other coaches and experts.
- promote the concept of a balanced lifestyle, supporting the well-being of participants in and out of the sport.

Relationships – Coaches must develop a relationship with their participants (and others) based on openness, honesty, mutual trust and respect. Therefore, coaches:

- must not engage in behaviour that constitutes any form of abuse (physical, sexual, emotional, neglect, bullying).
- should promote the welfare and best interest of their participants.
- must avoid any sexual intimacy with participants, either while coaching them or in the period of time immediately following the end of the coaching relationship.
- must take action if they have a concern about the behaviour of an adult towards a child or vulnerable adult.
- should empower participants to be responsible for their own decisions
- should clarify the nature of the coaching services being offered
- should communicate and cooperate with other organisations and individuals in the best interests of participants.

Personal Standards – Coaches must demonstrate proper personal behaviour and conduct at all times. Therefore, coaches:

- must be fair, honest and considerate to participants and others in their sport.
- should project an image of health, personal hygiene and functional efficiency.

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- must be positive role models for participants at all times.

Professional Standards – To maximise the benefits and minimise the risks to participants, coaches must attain an appropriate level of competence through qualifications, and a commitment to ongoing training to ensure safe and correct practice. Therefore, coaches should:

- ensure the environment is as safe as possible, taking into account and minimising possible risks.
- promote safe and correct practice
- be professional and accept responsibility for their actions
- make a commitment to providing a high-quality service to their participants
- actively promote the positive benefits to society of participation in sport and activity, including the contribution it makes to achieving improves health, well-being and educational outcomes for children and young people.
- contribute to the development of coaching by exchanging knowledge and ideas with others, and by working in partnership with other agencies and professionals.
- gain qualifications appropriate to the level at which they coach.