

CHELTENHAM & GLOUCESTER GYMNASTICS CLUB

Cheltenham & Gloucester Gymnastics Club Code of Conduct (Gymnasts)

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

Code of Conduct:

- Gymnasts are required to train in suitable gymnastics attire. New members will have a 4-week grace to wear their own clothing to train in, after which they will be required to wear the official Cheltenham & Gloucester Gymnastics Club training uniform. Further details regarding suitable training attire can be found in our **Code of Dress** policy.
- Training commences promptly at times stated on Cheltenham & Gloucester Gymnastics Club website. Gymnasts are expected to be punctual and ready to start training on time.
- Gymnasts are expected to arrive for classes in their training attire, however changing facilities are available at the club, should arriving in training attire prove difficult.
- Gymnasts must not arrive at or leave the gym without the presence of a responsible adult.
- Gymnasts are required to arrive and depart from the gym suitably dressed, i.e. with a coat in the Winter months.
- Gymnasts must listen to and follow the instructions of their coaches.
- Gymnasts must attend the warm up as it is an essential part of the training that helps the prevention of injury.
- Gymnasts must not arrive late for classes. Any gymnast arriving more than 10 minutes late for a class will not be permitted to train. If a gymnast repeatedly arrives late and no alternative class times are available, the Club may revoke your membership.
- Prior to the warm up, gymnasts must tell the coach of any existing injuries or illness before the warm up begins, or immediately if they injure themselves or feel unwell during the session.
- Gymnasts are required to look after their own possessions (i.e., water bottle, chalk & hand guards). Storage facilities are provided in the gymnasium for items not needed during the class (i.e., rucksack, shoes & clothing).
- Gymnasts must never train in the absence of other gymnasts and must never work on gymnastics equipment in the absence of a qualified coach.
- Gymnasts must not train if they are unfit to do so.
- Gymnasts requiring the use of an inhaler must have it clearly marked with their name on it. It should be handed to the Coach in charge at the beginning of the class for safekeeping and collected again at the end. It must also be noted on the child's medical form. If the gymnast requires help administering an inhaler, prior permission and guidance regarding administration must also be provided on the child's medical form.

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- Cheltenham & Gloucester Gymnastics Club cannot be held responsible for lost or stolen items. It is advisable for items of clothing to be labelled with the child's name.
- Gymnasts must show appreciation and respect for the coaches, officials and volunteers without whom, you could not participate.
- Gymnasts must take care of the Club's equipment and report any broken or damaged equipment to a coach immediately.
- Gymnasts must take pride in their Club and make sure that they do their part in keeping the gym clean and tidy.
- Gymnasts must not bring food/snacks into the gymnasium area unless given permission by their coach.
- Gymnasts must not consume alcohol before or during training or at events.
- Gymnasts must not consume or use any illegal substances or those prohibited for use by athletes under the banned substances regulations.
- Gymnasts must respect the decision of judges and officials at competitions and events.
- Gymnasts must not ever submit or express negative or derogatory comments to or about another club, coach or gymnast in any way.
- Gymnasts must uphold and promote the positive aspects of the sport, including fair play and compliance with the rules.
- Gymnasts must not use mobile phones during training sessions unless with express permission from the coach and parent. They must also have consent to photos being allowed and adhere to the terms and conditions stated in our **Photography Policy**. Any photos or videos taken inside the gymnasium must not contain images or video footage of other gymnasts in the class.
- Gymnasts must observe and adhere to the club policies with regard to social media. See Cheltenham & Gloucester Gymnastics Club **Photography Policy** for more details.

The class Coach will bring any deviation from this code to the attention of the gymnast and parents/guardians as necessary. Appropriate strategies to encourage positive change will be implemented but Cheltenham & Gloucester Gymnastics Club will revoke the gymnast's place in an extreme case or if the code is repeatedly breached.