

# Gymnast's Code of Conduct

We believe that following a code of conduct aids in creating a positive, respectful and supportive environment for all parties involved.

## 1 Respect and Support for Coaches and Staff

- We refrain from involving our parents during gymnastics sessions, focusing instead on our own performance.
- Respect towards coaches, fellow gymnasts, competitors, judges, and visitors is upheld, considering inclusivity and camaraderie.
- We attentively listen to our coaches, recognising their guidance as essential in our personal growth and progression in gymnastics.
- Requests for restroom use or obtaining drinks are directed to our coaches.
- If leaving during a session, we inform our coach and ensure a parent or guardian is available to collect us.

## 2 Positive Behaviour and Sportsmanship

- We demonstrate energy, sportsmanship, and support for teammates, cheering each other on.
- Above all, we prioritise enjoyment and fun in our gymnastics endeavors.
- Emphasising effort and a positive attitude, we approach gymnastics with enthusiasm and a willingness to learn.
- Recognising that mistakes are part of the learning process, we embrace them as opportunities for growth.
- We report any instances of poor behavior to our coach, promoting a positive and safe environment for all.
- Bullying of any form is not tolerated within our gymnastics community.

## 3 Commitment to BGs' and Club's Values and Policies

- We have read and understand the Club Mantras.
- We take responsibility for our belongings, considering leaving valuables at home or in the care of parents. Mobile phones are not to be used during gymnastics.
- We maintain appropriate language and behaviour at all times.
- I am aware of the expectations of the gymnast's code of conduct.
- Competitive Gymnasts need to adhere to the specific NWG Squad guidance and code of conduct.

## 4 Wellbeing and Safety

- We respectfully place our shoes, clothing, and bags in the designated storage areas, before each session.
- Ensuring safety and focus, we tie back long hair and ensure the gymnast is wearing appropriate attire for our sessions.
- We understand that certain items, such as shoes, socks, jewellery, skirts, jeans, and clothing with zips or buckles, are not suitable for gymnastics.
- We refrain from bringing fizzy drinks and food into the gym.
- We walk carefully and considerately around equipment and ongoing sessions within the gym.
- We handle gym equipment responsibly and assist in moving it when necessary, mindful of the entire facility.
- Safety awareness is important during training sessions, we are mindful of our surroundings.
- In the event of an injury or pre-existing condition, we promptly inform our coach for appropriate assistance.