

# CODE OF CONDUCT for GYMNASTS

* All gymnasts should respect their fellow gymnastic club members.
* All gymnasts are to train in suitable Gymnastic attire – for Girls, Leotard with/without shorts/leggings, for Boys, Leotard and shorts. No baggy clothing or strappy tops, no ‘hoodies’ during training. (pre-schoolers do not need leotards)
* Gymnasts are **NOT** allowed to wear any jewellery during training sessions, displays or competitive events.
* Hair – All gymnasts with long hair are required to have hair suitably tied back during each training session (this includes all long fringes).
* Gymnasts are to behave in an upstanding manner and bullying & swearing will not be tolerated at any time.
* Any illness or injuries should be brought to the attention of your coach.
* Gymnasts are encouraged to arrive on time for each lesson.
* All equipment and apparatus should be treated with respect.
* Gymnasts should not leave the gymnasium at the end of their session until collected by their parent/guardian.
* Gymnasts are to train barefoot unless there is a medical reason prohibiting them from doing so. (Coaches are to be made aware of this before warm up).
* Gymnasts should never train or work on equipment without a qualified coach present.
* Upstarts Gymnastics Club cannot be held responsible for lost or stolen items. Ensure items of clothing are named.
* Gymnasts should respect their coaches and any decisions made.
* Gymnasts can approach the Welfare officer if they have any concerns or wish to speak confidentially to a coach.
* Gymnasts must not eat or chew gum during any session.
* Gymnasts – if you do not follow the Upstarts code of conduct, your parents may be contacted and your membership suspended or revoked.

**We thank you for your support**

SIGNED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE**\_\_\_\_\_\_\_\_\_\_\_**

If gymnast under the age of 16yrs, parent must sign on their behalf