

## Code of Conduct: Precision Gymnastics

As a member of Precision Gymnastic Club, you must agree to abide by the following code of conduct:

### Gymnasts will:

- Be on time for my class and ready to train.
- Wear suitable clothing –club leotard. All advanced classes must wear club leotard to all sessions.
- Long hair MUST be tied back and all jewellery removed.
- Whenever possible, I will arrive for my lesson already wearing my leotard, so as to avoid spending time in the changing room.
- Be on time for the warm up – essential to prevent injury.
- Tell my coach if I have any injuries/illness before the warm up or immediately if I injure myself or feel unwell during the class.
- Use the toilets before the lesson starts. Parents to take gymnasts BEFORE the class
- Take care of all equipment.
- Listen to and follow the instructions of my coaches at all times. I will ask questions if I do not understand.
- Be committed to my training and always try my best.
- Always be aware of how my words and actions affect others. I understand that bullying will not be tolerated and I will tell a coach if I think that someone in the class is being treated unfairly or being bullied.
- Respect all coaches, judges, officials and other gymnasts at all times.
- Be a positive role model for other gymnasts and my Club.
- Always show awareness and respect for cultural and religious differences.

### Gymnasts will not:

- Enter the gymnasium until a coach is present.
- I will not wait around in the changing room before or after lessons.
- Use the equipment without a coach's permission and I will not attempt a new move without the permission, support or supervision of a coach.
- Leave the gym during a lesson without permission from my coach.
- Use bad or inappropriate language.
- Attend training if I am injured or unwell unless discussed fully with my coach first.
- Eat or chew gum during the lesson.
- Bring a mobile phone to the lesson unless discussed with my coach. Mobile phones must be put into the 'box' before the lesson, NO mobile phones are to be taken into the changing room and mobiles are not to be used at all during the lesson.
- Be rude or disrespectful to the coaches.
- Criticise another gymnast's performance.
- Leave the gymnasium without my parent/guardian. I will stay with the coaches at the end of the lesson until I am collected by my parent/guardian.
- Walk to or from the car park on my own – I must be escorted to and from the gym by my parent/guardian at all times, (Secondary school children may walk to/from the car park but only after a signed letter of consent from parent/guardian is received).

The use of sanctions is an important part of maintaining proper Codes of Conduct. They are fair and will be progressively applied if specific offences are repeated. The following

disciplinary procedure will be followed by Precision Gymnastics Club according to the severity of the unacceptable behaviour.

### **1. Minor Behaviour issues:**

- Persistent talking & disruption while coaches are coaching.
- Disrespect or cheek towards coaches or helpers.
- 'Horseplay' which has not caused injury.
- Continuous non-compliance with instructions of a coach or helper.

### **Possible Sanctions:**

- Verbal warning. To gymnast
- Taken aside and a 2nd verbal warning
- Time out at side of the class for 5 minutes. Parents informed at pick up.

### **2. Serious Behaviour issues:**

- Offensive language or gestures towards anyone whilst on the premises.
- 'Horseplay' which has caused injury-accidental or otherwise.
- Persistent non-compliance of instruction of a coach or helper.
- Repeated behavioural issues which are not improving or getting more severe.

### **Possible Sanctions:**

A formal verbal warning with another coach present (a sanction may be warranted).

A formal warning with parent present with a possible suspension from the next lesson.

**3. Critical Behaviour issues:** Immediate expulsion from the club is limited to but not exclusive to:

- Bullying in any form either **Verbal;** AND/ OR **Physical;** etc). please see Anti bullying policy for further information.
- Wilful damage to an individual or Club property. Parents will have to cover costs of replacement.
- Theft of individuals or Club property.
- Shouting or arguing with a coach or Official.

### **Possible Sanctions for other offenses or repeat offenses:**

Discussion with parents and/ or a written warning. (Depending on severity of incident.)

Parents advised of appropriate sanction being applied which may include temporary or permanent exclusion from Club.

### **LATENESS:**

1. Gymnasts arriving later than 15 minutes to the class WILL NOT be allowed to train in that class. You will have missed the warm up and it is vital for injury prevention.
2. Children are to be picked up within 15 minutes of the class ending. If you are later than 15 minutes there will be a late pick up charge of £10 which will be invoiced to you.

Michelle Nicholls  
Club owner of Precision Gymnastics Club