# Competitive Gymnasts Code of Conduct

Wansbeck Gymnastics and Trampolining Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that gymnasts, coaches and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the

Chair Vici Richardson via info vicirichardson@googlemail.com or Maria Farrow-Tait on welfareofficerwgtc@gmail.com

Gymnastics should offer a positive experience for children and young people and where they can learn new skills in a safe and positive environment.

As a member of Wansbeck Gymnastics and Trampolining Club you are expected to abide by the following code of conduct:

# General Conduct

At our club we expect you to display the following behaviours:

* Be friendly and welcoming to all.
* Be supportive, encouraging and committed to your team by working together.
* Treat all with respect at all times including team members, coaches, leaders, officials and volunteers.
* Keep yourself safe.
* Respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
* Do not display aggressive behaviour.
* Refrain from the use of inappropriate language which may cause offence or misunderstanding, this extends to social media and messaging services.
* Do not smoke or use vapes on club premises or whilst representing the club.
* Do not consume alcohol or drugs of any kind on the club premises or whilst representing the club.
* Do not get involved in inappropriate peer pressure or acts of daring and push others into something they do not want to do.
* Disruptive or threatening behaviour of any kind is unacceptable within the club, and this extends to social media. It will not be tolerated.

# During Training

* Under 11’s must be accompanied to and from the gym for the session by a responsible adult.
* Please arrive on time for training/competition

○ advise your coach if you are going to be absent or late

* You will be expected to attend all your sessions regularly, if you cannot attend training, you should inform a coach and give your reasons for non-attendance.

○ Attendance will be monitored and those failing to attend regularly without reason may not be allowed to compete.

○ Lack of attendance results in lack of body preparation and may result in injury.

* If you are injured, please consult the head coach as to what training you can do

○ Your training will be adapted to avoid further injury and include any physiotherapy exercises you have been given.

○ If the head coach deems that you are not allowed to train for a prolonged period your fees will be adjusted accordingly during that recovery period.

* Prior to training gymnasts must inform their coach of any injury, illness, or medical problem they may have.
* Mobile phones should not be used during training unless permission has been given by the coach.
* In the event of a fire alarm or major incident gymnasts must sit down quietly and await instructions from the lead coach, who will follow emergency protocols to ensure the safety of all children.
* During training ALL gymnasts must wear leotards (girls shorts optional) (boys shorts or trampolining long trousers compulsory).
* Leggings are permitted for girls in gymnastics and trampolining but must be tight fitting.
* Hair should be tidy and away from eyes.
* Exceptionally long hair must be tied in a bun, so it does not get caught by coaches when supporting or wrapped around the apparatus.
* Jewellery, necklaces, and watches must not be worn during training. All piercings must be removed.
	+ Where new piercings cannot be removed, they must be adequately covered with tape by parent or carer prior to entry into the session.
* In the interests of hygiene, if using them, all gymnasts should have their own trampoline shoes, handguards, chalk, gloves, loops, and wristbands.
* Snacks during training – We are a nut free zone due to serious nut allergies amongst some of our members. Gymnasts are permitted to bring fruit or cereal bars as a light snack during training if training for 3 hours or more.
* Sweets, chocolate bars, crisps, cakes etc are not appropriate snacks and should be avoided.
* Drinks during training – water only and brought in a sports bottle.
	+ No cartons, cans, fizzy drinks, or slushes in the gym.
	+ Sports drinks such as Lucozade are not permitted during training.
* If you wish to go to the toilet, you must ask a coach.
* Children under 8yrs of age will be supervised.
* The gym can be a dangerous place and it must be treated with respect. Use care when moving about in the gym and do not run.
* Take care of and respect all the equipment in the gym.
* When moving equipment do so carefully under the supervision of the coach
* Report inappropriate behaviour or risky situations to your coach.
* If you experience unkindness or bullying from another gymnast it must be reported to a coach or welfare officer.
* If you see something you that you don’t feel is right please tell a coach or welfare officer remember See It, Say it.
* Any problems with your training session you do not want to report to your coach please contact one of the welfare officers.
* You must inform the coach of any injury or accident that happens in the gym whether yourself or another person.
	+ An accident form must be completed for any accident by the first aider and coach. A copy will be recorded by the club for accident book.
* All gymnasts must participate in warm up and conditioning exercises fully giving 100%.
* Train and compete fairly and be honest.
* Respect and actively listen to all guidance from all coaches.
* Respect all officials, coaches, leaders, volunteers and accept decisions.
* Help make your club a fun place to be.

# At Competition

* Be on time.
* Wear WGTC club competition kit only.
* WGTC Competition Leotard and Shorts.
* WGTC Trousers/Leggings.
* WGTC Club competition Jacket.
* White socks.
* Support your team members and be kind, caring and supportive at all times.
* Do not leave the competition floor without asking permission from your coach.
* Parents are not allowed on the competition floor.
* Be focussed.
* Be gracious in defeat.
* Respect and listen to all guidance from all of your coaches.
* Respect other competitors.
* Respect decisions of judges and officials graciously.
* Any query with your scores should be dealt with by your coach.
	+ Do not approach the judges.
	+ Do not confront officials.
* Show good sportsmanship at all times.
* Do not slander or speak badly of our club, our competitors, our coaches, our judges or officials.
* Do not speak badly of fellow competitors performance at competition.
* Be friendly, helpful, and respectful to all, remember you are representing the club.

# Our commitment to you

* Ensure you are safe and happy in your training.
* Ensure you are listened too.
* Respect you and treat you fairly.
* Provide you with the opportunity to participate on an equal basis, appropriate to your ability.
* Take any concerns you have seriously and act on them.
* Give you the opportunity to develop to your full potential in your discipline.

***Failure to comply with the code of conduct will result in disciplinary action as outlined in our disciplinary procedure.***