

## Alton Gymnastics Club

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## Gymnasts Code of Conduct

Gymnasts should:

- Become familiar with the club Rules and policies.
- Arrive and be ready to start on time for all training sessions and classes.
- Attend in appropriate dress and comply with the British Gymnastics Association and Alton Gymnastics Club policy on jewellery and safe and appropriate dress.
- Wait quietly until your class or training session begins.
- Not enter the training area until you are asked to do so by your coach
- Not use the apparatus until you have received the instructions from your coach.
- Follow the coaches instructions quickly and exactly at all times.
- Treat all equipment with respect.
- Show respect and kindness to all coaches, judges, officials and other gymnasts at all times.
- Support and encourage your team mates or classmates
- Inform the coach if you feel unwell or hurt yourself during the training session or class.
- Avoid criticising the ability or performance of gymnasts or coaches.
- If someone or something is making you unhappy at gymnastics please speak to a grown up about it.
- Show appreciation and respect for the coaches, officials and volunteers without whom, you could not participate.
- Try to perform all skills with good form.
- Follow the rules of the gym and help others to follow them by setting a good example through your behaviour.
- Tell your coach immediately if your parent or guardian has not arrived to collect you. Do not wander out of the centre on your own or with anyone else.
- Not use bad language.
- Not consume alcohol before or during training or at events.
- Not consume or use any illegal substances or those prohibited for use by athletes under the banned substances regulations.
- Respect the decision of judges and officials at competitions and events.
- Not ever submit or express negative or derogatory comments to or about another club or gymnast in any way.
- Uphold and promote the positive aspects of the sport, including fair play and compliance with the rules.
- Not use mobile phones during training sessions
- Observe and adhere to the club policies with regard to social media.