



# CODE OF CONDUCT



## GYMNASTS

**This code of conduct has been created in line with British Gymnastics Policies and safeguarding for children and young people.**

### **Gymnasts should:**

- Become familiar with the club rules and policies.
- Arrive and be ready to start on time for all training sessions and classes in the appropriate dress and comply with the British Gymnastics Association and Links Gymnastics policy on jewellery and safe and appropriate dress.
- Wait quietly until your class or training session begins.
- Always follow the instruction of coaches quickly and exactly.
- Treat all equipment with respect.
- Always show respect and kindness to all coaches, judges, officials and other gymnasts.
- Support and encourage team mates or classmates. It is not acceptable to criticise the ability of performance of the gymnasts or coaches. Bullying of any kind will not be tolerated.
- Inform a coach if you feel unwell or hurt yourself during the training session or class.
- If someone or something is making you unhappy at gymnastics, please speak to a coach 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 under the instruction of your coach.
- 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.
- Respect the decision of judges and officials at competitions and events.
- Uphold and promote the positive aspects of the sport, including fair play and compliance with the rules.
- Observe and adhere to the club policies about social media.

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## Gymnasts should:

- **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.
- **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.
- **Not** ever submit or express negative or derogatory comments to or about another club or gymnast in any way.
- **Not** use mobile phones during training sessions.