

SWALLOWS OF HELSTON GYMNASTICS CLUB Code of Conduct

Coaches must:

- follow the British Gymnastics guidelines and hold appropriate qualifications.
- ensure that all activities are appropriate to the gymnast's age, ability and experience.
- encourage participants to value their performances and achievements and not just the results.
- display high standards of behaviour and appearance, dressing appropriately.
- not use abusive language, undermine or unduly embarrass a participant.
- use appropriate language at all times whilst involved with Club activities.
- promote the positive aspects of sport, including fair play.
- discuss children's progress with their Parents/Guardians.

Gymnasts must:

- follow the Club dress code:
 - 1) girls – Club leotard (or own leotard if they have competed for the club) boys – Club leotard and shorts (or own leotard if they have competed for the club)
 - 2) no hoodies or items with zips or belts may be worn on to the floor,
 - 3) tie back long hair from their face –not bunches, long fringes must be pinned back, for safety reasons long pony tails need to be looped up.
 - 4) be free of jewellery and watches - newly pierced ears must be covered with tape/plasters.
- not use apparatus unless instructed by a coach.
- report any illness or injury received whilst within the gym to their coach immediately.
- inform their coach if they are suffering from any illness or injury before training.
- respect fellow club members, coaches, volunteers, officials and opponents.
- be on time for training sessions – anyone who is 15 minutes late will not be allowed to train.
- treat all equipment with respect.
- listen to the coaches - gymnasts behaving inappropriately will be asked to leave the gym.
- not use abusive or threatening language or behaviour.
- accept judges and officials' decisions.

Parents must:

- ensure their child is dressed appropriately, according to the Club dress code (See above)
- ensure their child is on time for training sessions.
- provide their child with adequate drinks for the length of their session – we discourage Sport's Drinks as recent studies have shown they are not suitable for children.
- collect their child, if under 11, from the viewing area - we cannot allow young children to leave the gym without a parent/guardian.
- keep the club informed of illness or sessions their child is unable to attend.
- not interfere with training sessions or distract gymnasts – please do not coach from the side lines.
- Photos/videos are not to be taken without the permission of the Head coach. No flash photography is allowed at any time.
- help their child to recognise good performance and not just the results.
- set a good example by applauding all performers and accept officials' judgements.
- share their concerns or complaints with club officials following the process displayed on the notice board.