

Gymnast Code of Conduct

Code of conduct for children and young people

Note: Where we refer to 'parents' we mean parents and carers inclusively. The term 'children' or 'child' describes any person under the age of 18.

As a young person taking part in gymnastics at Uttoxeter Gymnastics Club (UGC), we'd like you to follow this guidance to make sure you are able to participate in gymnastics safely.

The essentials

- ✓ Keep yourself safe by listening to your coach, behaving responsibly and speaking out when something isn't right.
- ✓ When you're with us, stay in the places where you're supposed to, don't wander off or leave Your session or the building without telling your coach or a member of staff.
- ✓ Take care of our equipment and premises as if they were your own.
- ✓ Make it to your gymnastics class on time and if you're running late, let your coach know.
- ✓ Bring the right kit to your session and wear appropriate gymnastics clothing for the activity.
- ✓ Make sure you are ready to train when you arrive for your class. That includes hair tied up (if needed), jewellery removed and a full water bottle.
- ✓ If you train for longer sessions that includes a break, please bring snacks that will keep your energy up; things like fruit, cereal bars and sandwiches are perfect.
- ✓ Do not smoke or consume alcohol on our premises or before or during practices, competitions or when representing Uttoxeter Gymnastics Club.

Behaviour

- ✓ Respect and celebrate difference in our club and do not discriminate against anyone else on the grounds of gender, race, sexual orientation or ability.
- ✓ Report any incidents of bullying or poor behaviour to your coach or to one of the Welfare Officers, even if you're just a witness. The details for the Welfare Officers can be found on the posters in the changing rooms.
- ✓ Treat other young people with respect and appreciate that everyone has different levels of skill and talent.
- ✓ Make our club or activity a welcoming and friendly place to be for everyone.
- ✓ Support and encourage your team-mates. Tell them when they've done well and be there for them when they're struggling. Celebrate their successes and support their hard work.
- ✓ Work hard in your sessions and always try your best. If you are struggling in a session, let your coach know so they can help you.

- ✓ Respect your coach, the other gymnasts in your group, and the coaches and gymnasts from other groups.
- ✓ Be a good sport - celebrate when we win and be gracious when we lose.
- ✓ Play by the rules and have fun.
- ✓ Follow our online safety and social media policies.
- ✓ Get involved in club or activity decisions, it's your club too.

What you can expect from Uttoxeter Gymnastics Club

As a young person taking part, we understand you have the right to:

- ✓ Enjoy the time you spend with us and know that you're safe.
- ✓ Be told who you can talk to if something's not right or something is worrying you.
- ✓ Be listened to.
- ✓ Be included.
- ✓ Be involved and contribute towards decisions within the club or activity.
- ✓ Be respected by your coach and other coaches, and your team members and be treated fairly.
- ✓ Feel welcomed, valued and not judged in any way based on your race, gender, sexuality or ability.
- ✓ Be encouraged and develop skills with our help and support.
- ✓ Be looked after if there's an accident or injury and have your parents informed if needed.

We expect all young people to follow the behaviours and requests set out in this code. If any young person behaves in a way which contradicts any of the points set out above, we'll address the problem straight away with parent's involvement and the Welfare Officers and aim to resolve the issue.

Continued issues and repeated breaches of this code may result in us regrettably asking you to leave the activity, session or club permanently, for the safety and welfare of other young people and our coaching team. This is something we never want to do.