

# POLICIES AND PROCEDURES



## CODE OF CONDUCT FOR GYMNASTS & MEMBERS - UPDATED 01/03/2021

### HOW SHOULD I BEHAVE?

- Aim to arrive at least five minutes before the start of the session. Remember to sign in with a coach when you arrive, store your belongings in the correct place and sit down ready to start the class.
- You should arrive to sessions wearing the correct clothing (see clothing & jewellery policy).
- Bring a drink along to your class (no fizzy drinks).
- Always be kind, encouraging and respectful to others.
- Respect and follow both the coaches and helpers' instructions within your class.
- Help set up and put down equipment under instruction from the coaches and helpers.
- If food is consumed during one of our extended sessions e.g. A camp day, it should be consumed only in designated eating areas.
- All food that is brought on site should be Nut Free.
- Be hardworking and motivated to learn.
- Share equipment and resources with others when required to do so.
- Always respect the equipment and facilities.
- Always ask your coach if you need to leave the activity/room e.g., to get a drink or use the toilet.
- At the end of the session do not leave the site until a coach has dismissed you individually.
- Make sure you bring all your belongings home with you.

### HOW SHOULD I NOT BEHAVE?

- Use mobile phones or other electronic devices in sessions. If brought, they must stay put away and switched off/on silent.
- Take photos or videos of myself or others in the gym without permission from coaches (see photography policy)
- Not listen to instructions given by coaches or helpers.
- Be disrespectful to others.
- Distract or interfere with others on the equipment.
- Wear shoes on the floor mats.
- Bring food or drink onto the equipment/matting.
- Damage the mats or equipment.
- Use bad language or violence.
- Shout or scream across the hall.
- Interrupt others.
- Come to or leave a session without your parent(s)/carer(s) if you are below secondary school age.

## WHAT CAN I EXPECT?

- To feel happy and safe within the club.
- To always have someone to talk to if I am unhappy.
- I can speak to a coach with any problems.
- To be treated with respect and encouraged to achieve my goals.
- To be supported with any difficulties I have within the club.