



# Calverton Gymnastics Club

## Code of Conduct for Gymnasts

### Before the session

- Wear the right clothes for training and events.
- Long hair to be tied back.
- No jewellery must be worn. Recently pierced ears to be taped and then inform your coach, expect to do low level activity until healed.
- Inform the session Coach of any injuries or illnesses before warm-up begins.
- Inform the Club Managers of any long-term condition/disability that may affect their ability to safely participate in or access the sport in any way (Parent etc. may need to do this on behalf).



### During the session

- Join in all activities and respect the rules, Coaches and any other Officials involved, and their decisions and support – they will do the same to you, do not worry.
- Respect all the equipment and clean it when asked/necessary/appropriate.
- Keep to designated break/snack times and not eat or chew gum during a session.
- Only using mobile phones for contacting Parents etc. where asked to do so by a Coach.
- Recording of any kind whilst in the gym is prohibited.



### After the session

- Remain with the session Coach(s) at the end of a session until collected by the Parent etc. unless there is written consent in place allowing a member to make their own way home (see Parent(s), Guardian(s), and Carers Code of Conduct).



### During events

- Respect fellow Club Members and Visitors when representing your club at events.
- Show your full effort, enjoy 'your moment' and take it in as the results are a steppingstone in your journey.



### Throughout all the above

- Please share any concerns, compliments, or complaints regarding any part of the club with the Coach, Club Managers, or the Club Welfare Officer (details on the main notice board), or British Gymnastics via [integrity@british-gymnastics.org](mailto:integrity@british-gymnastics.org)
- You must not smoke, consume alcohol, or take banned substances (if unsure of these please check with your coach) of any kind during training or representing the club at competitions or events.
- Use positive language and encourage others, and refrain from any 'bad' language.
- Coaches are expected to coach safely and give adequate attention to all Gymnasts. This may vary each session, and where the coach is concerned about ongoing poor behavior which puts others expectations and needs in jeopardy, Parent(s), Guardian(s) or Carers will be informed and you may be placed on an acceptable behavior contract.
- Practice appropriate social distancing as set out by the Government and by CGC – this may change on a daily/weekly basis. Please keep uptodate with CGC's Covid Code of Conduct.





