



Berkhamsted Gymnastics Club

Code of Conduct for Gymnasts

Version number	Date published /reviewed	Revisions made
1	15/07/2019	Original
2	02/11/2019	Added: "Gymnasts must not use their phones during a training session and need to recognise the risks attached to publishing images on the internet e.g. on social networking sites"
3	09/05/2021	Added branding and checked document.
4	23/10/2021	Updated attire and essentials section
5	21/08/2023	Removed signature section for gymnast and parent/carer.

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

As a young person at our club we would like you to:

The essentials:

- ✓ Keep yourself safe by listening to your coach, behave responsibly and speak up when something isn't right
- ✓ When you're at the club, stay in the places where you're supposed to be, don't wander off or leave without telling a member of staff
- ✓ Take care of our equipment and premises as if they were your own
- ✓ Make it to training sessions, or competitions, on time and if you're running late let us know
- ✓ Wear appropriate kit - this can be a gymnastics leotard or any tight-fitting leggings, shorts, t-shirts or vests. Please refrain from wearing any crop tops for your gymnastics sessions.
- ✓ Jeans, hoodies, zipped items and socks must all be removed prior to entering into the session.

- ✓ Remove any jewellery including earrings, necklaces, bracelets, watches / fitness tracking devices.
- ✓ Tie hair up so it is out of your face. It is advisable to wear long hair in a plait or bun so that it does not get caught whilst you're are being supported by a coach or on a piece of apparatus.
- ✓ Arrive ready at the gymnastics club and reduce the number of additional belongings that you bring with you.

Behaviour:

- ✓ Try hard and be the best you can be
- ✓ Treat other young people, the coaches and the club staff with respect
- ✓ Do not discriminate and appreciate that everyone has different levels of skill and talent
- ✓ Make our club a welcoming and friendly place to be
- ✓ Support and encourage your fellow gymnasts. Tell them when they've done well and be there for them when they're struggling
- ✓ Be kind and don't say anything hurtful or untrue about other gymnasts, staff, judges or officials (online or offline)
- ✓ Report any incidents of bullying to a member of staff even if you're just a witness
- ✓ Be safe online. Don't ask adult coaches or staff to be your online friend, and don't send them private messages
- ✓ Don't use your phones during a training session; images or video taken at the club should not be posted on social networking sites – be aware of the risks of the internet

As a young person at the club, we understand you have the right to:

- ✓ Enjoy the time you spend with us and know that you are safe
- ✓ Know you can contact the club Welfare Officer at welfare@berkhamstedgymnastics.co.uk or by calling **07947 396630** if something's not right
- ✓ Be listened to
- ✓ Be respected by us and other gym club members and be treated fairly
- ✓ Feel welcomed, valued and not judged based on your race, gender, religion, sexual orientation or ability
- ✓ Be encouraged and develop skills with our help
- ✓ 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 as 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 the parent's involvement 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, event or club permanently, for the welfare of other young people and our staff. This is something we would never want to do.