

Gymnasts Code of Conduct

Squad members are expected to abide by the following:

Behaviour

- All members must participate within the rules and respect coaches, judges, other staff members and their decisions.
- All members must respect fellow club members. Gymnasts may be suspended from training or asked to leave the club should it be known that they bully other gymnasts.
- Members should show respect to opponents at competitions.
- Members should not chew gum during a session.
- Members must not use bad language at training or at competitions.
- Members must not smoke, consume alcohol or take drugs of any kind before/during training or whilst representing the club at competitions or other events.
- The use of mobile phones is prohibited during sessions unless a gymnast needs to contact their parent, gymnasts must request permission to use their phone for this purpose.

Clothing

- Gymnasts are requested to train in suitable gymnastics attire, i.e. leotard, shorts and socks. Gymnasts should wear comfortable clothing to allow freedom of movement while at the same time not being open, loose or floppy for safety reasons. Gymnasts are not permitted to wear jeans, combat trousers, hoodies or any clothing with zips, toggles etc that can get caught on the trampoline or DMT.
- Crop tops or training bras being worn on their own and backless leotards are not considered to be appropriate attire.
- Gymnasts must keep all long hair tied back.
- Gymnasts are not allowed to wear any jewellery during training sessions or competitive events (this includes body rings/bars, nose studs or small stud ear-rings). Newly pierced ear-rings may be taped for 6 weeks, but should then be removed after this time for training sessions.

Training

- Gymnasts are expected to approach their training with enthusiasm and commitment.
- Members should keep to agreed timings for training and competitions or inform their coach if they are going to be late / absent. Gymnasts should not arrive more than 10 minutes before the start of their session.
- Gymnasts must complete a floor warm up prior to getting on the trampoline as directed by their coach.
- Members must inform their coach of any injuries or illness they may have before the warm-up begins. Gymnasts must not train if they are unfit to do so.
- Gymnasts must never work on any piece of equipment in the absence of a qualified coach. Members should treat all equipment with respect.
- Gymnasts under the age of 16 must remain in the gym at the end of their session until collected by their parents or given permission to leave by a coach.
- MKTDA cannot be held responsible for lost or stolen items. It is advisable for items of clothing to be labelled with the child's name and it is advisable to leave valuables at home.



Competitions

- Members of MKTDA are only permitted to enter the Trampoline and DMT competitions organised by British Gymnastics and the Trampoline and DMT League when representing MKTDA. Members may not represent any other club at these competitions.
- Gymnasts may enter the BSGA Schools Trampoline competition representing their school with the agreement of their coach.
- Gymnasts may enter University competitions representing their University with the agreement of their coach.
- At competitions, gymnasts are only permitted on the competition floor when they are competing unless invited by a coach.
- Competition fees must be paid one week before the closing date for entries.

General

- Fees for training and competitions must be paid promptly.
- MKTDA is fully committed to safeguarding and promoting the well-being of all our members. The Club believes it is important that members, coaches, administrators and parents associated with the Club should, at all times show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the Club with any of the Club's Welfare Officers.

By attending training sessions and competitions, you are agreeing to abide by the code of conduct.

MKTDA reserve the right to suspend or ask a gymnast to leave the club if they fail to follow the code of conduct.