



# GYMNAST CODE OF BEHAVIOUR

At Hornsby RSL Gymnastics, we want all gymnasts to enjoy their training, learn new skills, and feel safe, respected, and supported. This Code of Behaviour helps us all work together to create a fun, safe, and positive club.

As a gymnast at our club, I will:

## **Be respectful**

- Listen carefully to my coaches and follow their instructions
- Be kind and supportive to other gymnasts
- Use respectful language at all times

## **Be responsible**

- Arrive on time and be ready to participate
- Look after the equipment and facilities
- Tell a coach if I feel unsafe, unwell, or upset

## **Be safe**

- Always warm up and use equipment properly
- Wait for my turn and stay in my group
- Ask for help if I'm unsure or feel nervous about a skill

## **Try my best**

- Have a go, even when things are hard
- Celebrate my own and others' achievements
- Show good sportsmanship in training and competitions

## **Be proud of who I am**

- Respect everyone's differences
- Be a positive role model for younger gymnasts
- Have fun and enjoy being part of the club!

## **What I won't do:**

- Bully, tease, or exclude anyone
- Use my phone during class (unless given permission)
- Leave the gym without telling a coach

## **If I break the code:**

Coaches and staff will talk to me about my choices. I might get:

- A warning or time out
- A chat with my parent/carer
- A break from the class if the behaviour continues

By following this code, I help make Hornsby RSL Gymnastics a safe, respectful, and awesome place to be!