

## **Little Socks Gymnastics - Behavioural policy**

To ensure a safe, respectful and positive environment for all members.  
Disruptive or threatening behaviour of any kind including bullying is unacceptable.

### **1. Respect, courtesy & proper conduct**

Treat all coaches, assistants, helpers, gymnasts and parents/carers with respect and courtesy. Be mindful of language used & actively listen to coaches & volunteers. Be polite and engaging. Learn positively and always give your best. Speak up - ask for help or guidance if you are finding something too challenging. Support the other gymnasts in your class - work as a team, be proactive  
Respect our equipment  
No eating or chewing gum in the gym

### **2. Safety & wellbeing**

Wear appropriate attire, tie back long hair, remove all jewellery and follow all safety guidelines.  
Follow the coaches instructions when moving around the gym.  
Tell a coach if you are feeling unsafe or upset- we are here to help you.

### **3. Any form of bullying or harassment is strictly prohibited**

Unacceptable behaviours include: name calling, making fun of others, rudeness, swearing, behaviours such as running across area's where children are working is dangerous and will not be tolerated.  
Be kind and polite to everyone. Use respectful language do not engage in gossip or rumour.

### **4. Reporting inappropriate behaviour**

Report any inappropriate behaviour or concerns to a member of the coaching team or one of our welfare officers

### **5. Little Socks - 3 Strikes Policy Behaviours & Consequences**

We expect all gymnasts to show a high level of respect and good behaviour to all at Little Socks: We are committed to working with parents and gymnasts to improve all situations. We will follow a 3 strike policy to ensure high standards & safe sessions for all.

**Strike 1** - Repeated low level disruption/misbehaviour- or an individual serious incident of misconduct -

**Consequence:** Gymnast will receive a verbal warning, checking they understand what they did and asked sit out of the class for an allotted time period (2 - 5 minutes to reflect on their behaviour). The lead coach will follow up with gymnast & coach. Recorded in club records and parents verbally informed.

**Strike 2** - Continued disruption/misconduct for the same behaviour will result in a 2nd verbal warning about the behaviour. Recorded in clubs records & shared with the parent/ guardian. Share ideas for improving behaviour.

**Consequence:** Gymnasts will be asked to sit out for a longer time period (5 - 10 minutes) If behaviour continues and is deemed unsafe for others parents/carers to be called and asked to collect.

**Strike 3** - If repeated & continuous poor behaviour continues we will seek a meeting with parents/carers to review the child's place in the club. Look at creating a plan to help manage situation.

**Consequence:** We will always endeavour to look for solutions by working with gymnasts, parents and coaches, however this is not always possible and in extreme cases gymnasts will be asked to leave the club.

Gymnasts should respect the facilities, equipment and other participants when attending training sessions. It should be stressed that the highest standards of conduct and behaviour are expected from gymnasts who are members of the club.