

# Liberty Gymnastics Club

## Development Squad Gymnast Code of Conduct

12 years and Over

| Issue Number | Summary of Changes | Date                           |
|--------------|--------------------|--------------------------------|
| 1            | Created            | 19 <sup>th</sup> November 2023 |
|              |                    |                                |
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## Development Squad Gymnast code of conduct (+12 years of age)

In addition to adhering to and following all procedures contained *within the Liberty Gymnastics Club* of ethics that is applicable to all people bound by this policy, this specific code of conduct has been developed for all Development gymnasts 12 or over.

The Development Gymnast code of conduct includes the standards of behaviour and conduct expected of all gymnasts representing Liberty Gymnastics Club.

### General Principles

- a) Abide by the rules, policies and procedures of Liberty Gymnastics Club and British Gymnastics/Home Countries.
- b) Try your best! - Remember that honest effort is just as important as winning.
- c) Enjoy yourself – Gymnastics is always meant to be fun!

### Expectations

- a) Anticipate and be responsible for your own needs, including being organised and having the appropriate equipment ready for each of your sessions.
- b) Arrive on time for every session – if you're running late, let your coach know.
- c) If you are going to be absent from your session please let your coach know beforehand – this can be to the Liberty email/facebook message etc.
- d) Do not enter the gymnastics area unless a coach or staff member permits you to do so.
- e) Ensure you are wearing your squad leotard on the appropriate day:
  - a. Ruby Group – Tuesday
  - b. Sapphire Group – Tuesday
  - c. Emerald Group – Tuesday
  - d. Amethyst Group – Wednesday
- f) Ensure you are appropriately dressed for your sessions:
  - a. Crop tops can only be worn on a Saturday afternoon and Thursday Evening
  - b. A leotard must be worn at all times, gym shorts are allowed over a leotard – T shirts & Shorts are not permitted
  - c. Leggings, Joggers, hoodies etc can be worn for warm up activities but must be removed to stretch and train
  - d. Warm clothing **MUST** be worn into and out of your session between October – May
  - e. In the week prior to a competition all competing children must train in a leotard only.
  - f. Only wear a stud earrings to your training session. Other earrings and jewellery will need to be removed before coming to your session. Liberty Gymnastics takes no responsibility for jewellery lost if worn to the gym.
- g) Actively support all efforts to create a child safe culture and report any form of misconduct or inappropriate behaviour/treatment to Liberty Gymnastics Club staff member
- h) Report any accidents or injuries to a coach and appropriate staff and parents to ensure appropriate actions can be taken.
- i) Look after our gym and equipment like it was your own and help clean it if asked.
- j) You are expected to attend all of your training sessions except for illness & school/family commitments.
- k) Ruby, Sapphire & Emerald group must sign themselves in on the register on the white board at the start of every session

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- l) To ensure you work at your potential we will may move you to a different group with different hours. This can be an increase in hours or a decrease if we feel it is necessary . We will never decrease your hours without meeting with you and your parents first to discuss why.
- m) You must attend all sessions in the 2 weeks prior to a competition, failure to do so will result in you being withdrawn from the competition.

### **Behaviour**

- a) You recognise that, as a gymnast within the Liberty Gymnastics Club programme, your conduct and behaviour will reflect on us, the sport and our partners. Accordingly, you agree to always conduct yourself in a proper manner, including respecting the age of other peer groups in your training environment.
- b) Keep yourself safe by listening to your coach, behave responsibly and speak out when something isn't right.
- c) Do not touch or use other individuals' property at Liberty Gymnastics Club or at any gymnastics events without permission.
- d) if you have lost/used up an item you/your parents are expected to replace it. You are expected to own your own:
  - a. Chalk
  - b. Stretchie – Ruby, Sapphire and Emerald only
  - c. Monkey Spit spray bottle – Ruby, Sapphire and Emerald Only
- e) Co-operate with coaches/instructors, team managers, doctors, physiotherapists, sport scientists, and communicate necessary information to the sport governing body.
- f) Never encourage or condone fellow gymnasts to violate the rules of the sport and report any violations appropriately
- g) No alcohol is to be brought or consumed at Liberty Gymnastics Club (including trip accommodation, external competition venues and team activities)
- h) Abstain from the use of alcohol, illegal substances and performance enhancing drugs and abide by British Gymnastics Anti Doping Policy.
- i) Develop an appropriate working relationship with coaches/instructors/officials/staff members based on mutual trust and respect.
- j) Phones may be brought to gym and used to film your own skills with permission from your coach. They are not to be used for anything else and Liberty Gymnastics does not accept responsibility for phones which are lost.
- k) If coaches feel phones are being used irresponsibly they will ask that your phone is placed in the phone box and returned to you at the end of the session.

### **Respect and Sportsmanship**

- a) Treat all members fairly within our club, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, and other conditions.
- b) Treat all coaches/instructors/officials/staff members with respect and dignity, value their worth and treat everyone equally, recognising their needs and abilities, and contribution to the team.
- c) Ensure good sportsmanship is continuously displayed in all situations and to all individuals.

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- d) Respect decisions made by management, coaches, officials and judges both internally and externally to Liberty Gymnastics Club.
- e) Do not criticise judges or officials – express all concerns to your coach.
- f) Accept all scores and decisions with good grace and good sportsmanship.

### **Online Activity**

- a) Agree to abide by Liberty Gymnastics Club social media Policy – available on our website.
- b) Ensure any photographs/videos taken are for personal and family use only and must not be placed in the public domain. This includes publication on the internet: for example, on sites such as YouTube and on social networking sites such as Facebook unless in access-restricted areas.
- c) Agree not to send abusive or threatening emails, texts, voicemails or other written communications (including social media) to anyone within or associated with Liberty Gymnastics Club
- d) Agree not to use defamatory, offensive or derogatory comments regarding Liberty Gymnastics Club or any of the athletes/parents/coaches/instructors or staff on Facebook or other social media sites.
- e) Do not engage in any filming, recording, photography or use of mobile phones in changing rooms at **Liberty Gymnastics Club** or any gymnastics event where permission is not granted.

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**By signing this document, you are agreeing to the following terms:**

1. I agree to abide by the Liberty Gymnastics Club Gymnasts code of conduct.
2. I acknowledge that the Liberty Gymnastics Club management may take disciplinary action against me, if I breach the Gymnasts code of conduct.
3. I acknowledge that disciplinary action against me may include suspension of my Liberty Gymnastics Club membership/session place.

**Gymnast Name:**

\_\_\_\_\_

**Signature of Gymnast:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_