

# Liberty Gymnastics Club

## Recreational Class Gymnast Code of Conduct

12 years and Over

Issue Number	Summary of Changes	Date
1	Created	19 <sup>th</sup> November 2023

## Recreational Gymnast code of conduct (+12 years of age)

In addition to adhering to and following all procedures contained within Liberty Gymnastics Club code of ethics (Appendix 1) that is applicable to all people bound by this policy, this specific code of conduct has been developed for all recreational gymnasts.

The 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.
- 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 ready for your session with a full water bottle and skills chart.
- b) Arrive on time for every session – if you're running ask your parent/carer to accompany you into your session.
- c) Do not enter the gymnastics area unless a coach/instructor or staff member permits you to do so.
- d) Ensure you are appropriately dressed for class in line with our Clothing Guidelines.
  - a. Ensure you are wearing warm clothes into and out of your session between October – May
  - b. Ensure that if you have a jumper or hoodie on with a zip that it can be done up
  - c. Ensure you are wearing a leotard/leggings/shorts/joggers/t-shirt/hoodie. No skirts or jeans
  - d. Only stud earrings are allowed all other jewellery must be removed before the start of your session. Liberty Gymnastics Club accepts no responsibility for lost or missing jewellery.
- e) Look after our gym and equipment like it was your own.
- f) Report any accidents or injuries to a coach, appropriate staff and parents to ensure appropriate actions can be taken.

### 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
- d) Co-operate with coaches and communicate necessary information to the sport governing body.
- e) Never encourage or condone fellow gymnasts to violate the rules of the sport and report any violations appropriately
- f) No alcohol is to be brought or consumed at Liberty Gymnastics Club

- g) Abstain from the use of alcohol, illegal substances and performance enhancing drugs and abide by British Gymnastics Anti Doping Policy.
- h) Develop an appropriate working relationship with coaches and staff members based on mutual trust and respect.

### **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 and 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.
- d) Respect decisions made by management, coaches, officials and judges both internally and externally to Liberty Gymnastics Club.
- e) Accept all scores at any events and decisions with good grace and good sportsmanship.

### **Online Activity**

- a) Agree to abide by Liberty Gymnastics Club's social media Policy.
- 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 the 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.

Liberty Gymnastics Club Recreational Class Gymnast Code of Conduct – 12 Years and Over

**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):** \_\_\_\_\_