Gymnast’s Code of Conduct

1. Gymnasts should follow carefully all the instructions given by coaches and behave in appropriate manner.
2. Gymnasts must adhere to the rules and respect coaches, judges and their decisions. Gymnasts must respect fellow club members.
3. Gymnasts must display professional and respectful conduct whilst representing the club at competitions or other events.
4. Gymnasts must inform the head coach of any injuries or illness they may have before or during the session.
5. Gymnasts are not allowed to leave the premises without permission of the Head Coach for their safety and security reasons. Under 13s should remain with coaches at the end of a session until collected by their parent or guardian.

Parents Code of Conduct

1. Parents must ensure their child arrives on time for their session.
2. Parents must deliver their child into the gym to ensure their child’s coach is present and also collect them from the gym to ensure they are safely returned to a responsible adult at the end of a training session.
3. Parents must ensure their child is appropriately dressed for gymnastics and has a water bottle, hair tied up, no jewellery etc.
4. Parents must ensure their child understands that they must follow the instructions of the coaching staff at all times.
5. Parents must inform the coaches of any condition their child may have that may affect their participation in the session.
6. Parents must ensure all necessary paperwork is complete, training and competition fees are paid on time or discuss any problems confidentially with the club treasurer.
7. Parents must encourage their child to value their own performance and not just the result. Winning is not within their control, their own effort is!
8. Parents must appreciate and respect the efforts of the coaches and club officials in the development of their children and understand that success in gymnastics takes many, many years of hard work and dedication.
9. Parents should support the efforts of the coaches and committee members and assist where possible by lending your help and expertise to further the objects of the Club.
10. For the safety and welfare of all Club members Parents should share and report any concerns they may have to a coach or the safeguarding/welfare Officer.
11. Parents must recognise their child’s efforts, improvement and successes in every form and encourage them to understand that although trying to win is important, that it shouldn’t be all and end all!
12. If you are 10 minutes late to the class the child is not allowed to participate as the warm up has begun.

 Coaches

1. All coaches must ensure that safe environment is provided at all times.
2. Coaches must be immediately accessible and never leave the premises while a session is in progress.
3. Gymnastics is a sport, which requires a high level of safety and discipline. Therefore, coaches are allowed to use appropriate level of verbal discipline if they deem necessary to avoid accidents and minimise injuries.
4. Coaches are allowed to use IGA Gymnastics supporting techniques when helping the gymnast understand the correct position, shape or movement.
5. Coaches have the rights to sit a gymnast out of class, if she does not follow the club’s rules and safety regulations
6. We will not tolerate bullying or harassment and the child /parent will be asked to leave Gymnastica.