



Squad Gymnast - Code of Conduct

As a member of the Peacock Gymnastics Academy Squad, gymnasts are expected to do the following:

- Attend all regular and any scheduled extra training sessions to the best of your ability.
- Ensure that sessions 4 weeks prior to a competition are not missed.
- Communicate any planned absences with staff
- Arrive at all sessions on time ready to warm up (hair up/jewellery out/in correct kit). The warm up is an important part of training and should not be missed due to lateness
- Always attend class with a positive mindset.
- Avoid saying 'I can't' or other negative sentences in class.
- Try their best in every class, if gymnasts have any worries or concerns, please contact your coach or the welfare staff.
- Listen carefully and follow instructions of the coaches at all times, use the feedback given to improve.
- Never leave the building unaccompanied, do not walk around the building without a coach's permission.
- Maintain good standards of behaviour at all times.
- Treat other people's belongings with respect.
- Be polite and considerate to others at all times - other club members look up to the Squad gymnasts, be a good role model.
- Remember that attendance at training sessions is primarily to learn and practise gymnastics not to socialise.
- Remember there are often gymnasts of different ages in classes, do not use bad language or discuss inappropriate subjects in class or during breaks.
- Do not discriminate against any other gymnast or staff based on religion, race, gender, social classes, disability, performance ability or any other factor.
- Know that bullying and harassment will not be tolerated at Peacock Gymnastics Academy and any instance of bullying behaviour may result in termination from the Squad and the club.
- Do not use any equipment unless instructed by a coach to do so. Do not sit on equipment.
- Treat the equipment and facility with respect. Any equipment misused and broken will need to be paid for.
- Wherever break times are had, the space must be left clean and tidy with rubbish put in a bin.
- Food must be left in the bags, no food is permitted around equipment.
- Help the coaches to tidy the equipment / gym hall when necessary.
- Dress appropriately for classes in a leotard. Shorts can be worn all year and leggings can be worn during colder months.
- Gymnasts must have the correct competition leotard and other necessary items.
- During training hair must be safely tied up. All loose hair must be clipped up away from the face.
- Jewellery should be removed (earrings which cannot be removed must be taped by parents/guardians prior to arriving at class).
- Nails should be kept short.
- Where possible leave valuables at home - the club cannot accept any responsibility for any loss or damage.
- Squad gymnasts are expected to attend all competitions available to their competition level.
- If gymnasts regularly miss competitions they may be removed from the Squad.
- Whilst at competitions gymnasts are representing Peacocks, they are expected to display positive behaviour to all other competitors, judges and spectators. This includes but is not limited to applauding during medal ceremonies and celebrating other gymnasts successes regardless of their own performance/scores.
- Any negative comments or behaviour shown at competitions will not be tolerated and may result in termination from the Squad.
- Squad gymnasts should compete in the correct competition leotard with the correct hairstyle for each competition.
- Gymnasts should arrive on time/early to the competition or a pre-organised meeting time.
- Mobile phones are not to be used in class. Do not take videos, photos during breaks. No use of Facebooks, Snapchat, Instagram or any other social media during breaks.
- Gymnasts of any age must not add, follow, or friend any coach on social media (Snapchat, Facebook, Twitter, Instagram etc).

Any gymnast found to be breaking the Gymnast Code of Conduct will receive a warning. All warnings will receive a follow up email confirming the warning. Warnings will stay on record for 3 months and then be removed.

1st warning = Verbal warning during class, parent/guardian will be notified at pick up.

2nd warning = Verbal warning during class, parent/guardian will be called immediately to pick the gymnast up and the gymnast will miss a week of training sessions (no catch up hours will be accumulated during this week).

3rd warning = Termination of gymnast from the Peacock Gymnastics Academy Squad.