

## FASH Gym Club - Gymnast code of conduct (+12 years of age)

In addition to adhering to and following all procedures contained within FASH gym club's code of ethics that is applicable to all people bound by this policy, this specific code of conduct has been developed for all gymnasts.

The Gymnast code of conduct includes the standards of behaviour and conduct expected of all gymnasts representing FASH Gym Club.

### General Principles

- a) Abide by the rules, policies and procedures of FASH Gym Club and British Gymnastics/Home Countries. British Gymnastics policies for safeguarding, health & safety & social media.
- 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 FASH Gym Club know.
- 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. Clothing must not contain tassels, toggles or hoodies. All jewellery including earrings must be removed.
- e) Look after our gym and equipment like it was your own.
- f) Actively support all efforts to create a child safe culture and report any form of misconduct or inappropriate behaviour/treatment to FASH Gym Club staff member
- g) Report any accidents or injuries to the coach/instructor and appropriate staff and parents to ensure appropriate actions can be taken.

### Behaviour

- a) You recognise that, as a gymnast within the FASH Gym 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/instructor, behave responsibly and speak out when something isn't right.
- c) Do not touch or use other individuals' property at FASH Gym Club or at any gymnastics events without permission.
- d) Co-operate with coaches/instructors/team managers 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 FASH Gym Club programming (including trip accommodation, external competition venues and team activities)
- 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/instructors/officials/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/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.
- d) Respect decisions made by management, coaches/instructors, officials and judges both internally and externally to FASH Gym Club.
- e) Do not criticise judges or officials – express all concerns to your coach/instructor.
- f) Accept all scores and decisions with good grace and good sportsmanship.

## Online Activity

- a) Agree to abide by FASH Gym 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 FASH Gym Club.
- d) Agree not to use defamatory, offensive or derogatory comments regarding the FASH Gym 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 FASH Gym Club or any gymnastics event where permission is not granted.

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

1. I agree to abide by the FASH Gym Club Gymnasts code of conduct.
2. I acknowledge that the FASH Gym Club committee 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 FASH Gym Club membership/session place.

**Gymnast Name:**

\_\_\_\_\_

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

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

## FASH Gym Club - Gymnast Code of Conduct (*Under 12years of age*)

In addition to adhering to and following all procedures contained within FASH Gym Club code of ethics that is applicable to all people bound by this policy, this specific code of conduct has been developed for all gymnasts.

This code has been developed to provide young athletes with advice on the behaviour that is expected of them when attending and using the facilities of FASH Gym Club.

### **All gymnasts should:**

- a) Respect all the rules and policies at FASH Gym Club and British Gymnastics/Home Countries.
- b) Try your best! - Remember that honest effort is just as important as victory.
- c) Enjoy yourself – Gymnastics is always meant to be fun!
- d) Be friendly and supportive to other athletes.
- e) Participate and compete fairly.
- f) Be ready for every session.
- g) Ensure you are appropriately dressed for your session and have brought the right equipment with you.
- h) Look after our gym and equipment like it was your own.
- i) Respect the opinions of coaches/instructors, judges and staff.
- j) Keep yourself and others safe – always report inappropriate or unsafe behaviour to a trusted adult.
- k) Behave and listen to all instructions from your coach/instructor and other staff members.
- l) Always tell a coach/instructor if you are injured or sick.
- m) **Think about what you post online.** Remember that once it is out there it is out there for everyone.
- n) Respect and celebrate difference in our club and not discriminate against anyone else

### **All gymnasts should not:**

- a) Enter the gymnastics area unless a coach/instructor or staff member permits you to do so.
- b) Bully anyone or pressure other gymnasts to do something they don't want to do.
- c) Use a mobile phone during training, at competition or in changing rooms.
- d) Use mobile phones or other electronic devices to undermine, put down or belittle other gymnasts, coaches/instructors or staff members.
- e) Use bad language or yell/abuse anyone.
- f) Take part in inappropriate or illegal behaviour.
- g) Carry or consume alcohol or illegal substances while training or competing in gymnastics.

**Gymnasts Name:** \_\_\_\_\_

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

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