



## Poise Gymnastics Club Codes of Conduct

As a member of Poise Gymnastics Club, you must agree to abide by the following code of conduct:

### **Gymnasts will:**

1. Wear suitable clothing – shorts / leggings and t-shirt or a leotard.
2. Hair of all lengths **MUST** be tied back and jewellery removed.
3. Be on time for the lesson – taking part in the warm up is essential to prevent injury.
4. Tell my coach if I have any injuries / illness before the warm up or immediately if I injure myself or feel unwell during the class.
5. Listen to and follow the instructions of my coaches at all time. I will ask questions if I do not understand.
6. Always be aware of how my words and actions affect others. I understand that bullying will not be tolerated and I will tell a coach if I think someone in the class is being treated unfairly.
7. Respect all coaches and other gymnasts at all times.
8. Always show awareness and respect for cultural and religious differences.
9. Be committed to my training and always try my best.

### **Gymnasts will not:**

1. Use the equipment without a coach's permission and I will not attempt new moves without permission, support or supervision of a coach.
2. Use bad or inappropriate language.
3. Leave the school hall during a lesson without permission from a coach.
4. Eat or chew during the lesson.

5. Be rude or disrespectful to the coaches or other gymnasts.
6. Criticise another gymnast's performance.
7. Leave the school without my parent / carer. I will stay with the coaches at the end of the lesson until I am collected by my parent / carer.

### **Lateness:**

1. Parent / carer must collect children within 10 minutes of the class ending. If you are later than 10 minutes then you will incur an £10 charge which will be invoiced to you via email.

### **Refund Policy:**

1. Unfortunately, if your child sustains an injury outside of Poise Gymnastics Club, your fees will be obtained and will not be liable for a refund.
2. We will, however, refund any remaining lessons if your child does sustain an injury within our care.

Please note that Poise Gymnastics Club reserves the right to modify this policy at any time. Any changes will be communicated to all our members.