MOMENTUM GYMNASTICS CLUB

CODE OF CONDUCT PARTICIPANTS

We are fully committed to safeguarding and promoting the well-being of all our members. The club believes it is important that members, coaches, administrators and parents associated with the club should at all times show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with the Head Coach and/or Welfare Officer

As a member of MOMENTUM GYMNASTICS we ask you to abide by the following club rules:

1. All gymnasts should attend training sessions on time and ready to the start of their session. Gymnasts arriving after the warm-up has commenced may not be allowed to participate in the session.

2. All participants are required to wear appropriate clothing (as agreed with Parents/Carers). All jewellery must be removed and hair that **CAN BE** tied back **MUST ALL BE** properly tied back. However, please do not use hard bobbles or raised hair clips as these can be uncomfortable.

3. All members should treat all gymnastics equipment with respect. Gymnasts should not go on any equipment before, during or after training unless accompanied by an appropriate coach.

4. Members must display good behaviour, discipline and respect to coaches at all times. Gymnasts must do as their coach has instructed, they should listen appropriately, act sensibly and avoid distracting others.

5. Gymnasts must inform their coaches if they are suffering any illnesses or injury prior to training.

6. All members must pay their session fees by termly as instructed/prompted by the system. Any other fees for extra training, events or competitions must be paid promptly.

7. Members must not smoke, consume alcohol, or take drugs of any kind whilst training or representing the Club at competitions or any other event.

Updated: 28/09/2026

8. All members must respect fellow club members. Bullying is not acceptable behaviour within the Club and will not be tolerated

9. Members must not use inappropriate language

10. Members must not eat or chew gum during a training session

11. Members should remain with coaches at the end of a session until handed over to their parent, carer or another adult the club has been told about. Members must not leave the facility on their own unless the club holds a signed Walking Home Consent Form.

12. Members should respect decisions made by judges, officials, and coaches.

13. Members **MUST** adhere to BG guidance and rules.

14. Members may go to the toilet whenever they need to. Tell a coach first and come straight back. Younger members will be accompanied by a coach, as set out in the club's Toilet Procedure.