



TROIJAN GYMNASTIC CLUB

Trojan Gymnastic Club Code of Conduct Coaches

Coaches must respect the rights, dignity and worth of every young gymnast and treat each one equally regardless of age, gender or ability

Coaches must ensure that nobody engages in any conduct or speaks to another person in a manner which threatens, disparages, vilifies or insults.

Coaches are responsible for maintaining a professional working relationship with gymnasts and not behaving in any way that can be misinterpreted by the gymnast or onlookers

A key element in a Coach relationship is the development of independence.

Gymnasts must be encouraged to accept responsibility for their own behaviour and performance in training, in competition and in their social life.

Coaches must encourage gymnasts to follow the club/competition rules.

Coaches should encourage gymnasts to obey the spirit of FAIR PLAY.

Coaches should promote a culture that ensures all young people are listened to and respected.

Coaches should be generous with praise and be positive during coaching sessions so that all young gymnasts always leave with a sense of achievement and an increased level of self-esteem

Coaches should train skills suitable to the age, experience and level of the gymnast .

Gymnasts should have been systematically prepared for the activity being undertaken and made aware of their personal responsibilities in terms of safety

Set realistic but achievable performance goals ensuring a safe enjoyable environment

Coaches must plan appropriately for each session and ensure proper levels of supervision until the gymnast leaves the Club venue or event with an appropriate adult

Recognise and accept when to refer a gymnast to other Clubs or Coaches.

Coaches should be punctual and properly attired.

Coaches must ensure gymnasts are safely attired (check their personal equipment) and that proper insurance arrangements are in place

Coaches must never consume alcohol before, during coaching/events or on trips with young people



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Coaches must not shout at or lecture any young gymnast or reprimand/ridicule them when they make a mistake.

Coaches must not equate losing with failure and must not develop a preoccupation with winning.

Coaches must never use physical punishment or physical force.

Coaches must never use foul or provocative language/gestures to gymnasts, opponents or Officials

Set realistic but achievable performance goals ensuring a safe enjoyable environment

Coaches must avoid situations where they are alone with a gymnast

Coaches must avoid any inappropriate touching when assisting any gymnast to perform a technique or when First Aid is being administered.

Physical contact should only occur when necessary and in an open and appropriate way and always be intended to meet the health and safety needs of the gymnast

When supporting be certain the child and the Parents/Guardians/carers know what you are doing and why .The support being provided must be for the specific needs of the young gymnast .

Coaches must ensure there is adequate provision for First Aid.

Coaches must not encourage or allow gymnasts to perform while injured.

Adequate records of injuries sustained during training must be kept and another official should be present when a gymnast is being attended to in order corroborate the relevant details.

Return to training after injury must be accompanied by relevant information about the injury and any prescribed rehab

Coaches must never take measurements or engage in certain types of fitness testing without the presence of other adults

Ensure appropriate confidentiality to all gymnasts, as you may be privy to information about that young person or their family

Challenge bullying in any form i.e. physical or emotional. Bullying is not an accepted behaviour towards anyone in the club- be they child, Coach, volunteer or Parents/Guardians