



Bicester & District Gymnastics Club CIC

BDGC 007 – Gymnast & Parent Code of Conduct

Document Owner: Management Committee

Document Approver: Committee

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1. Purpose

Bicester & District Gymnastics Club CIC is committed to maintaining a safe, inclusive, and respectful environment for all gymnasts, parents, and coaches. This Code of Conduct outlines the expectations for gymnasts and parents to ensure a positive experience for everyone involved in the club. By participating in the club, you agree to uphold these standards at all times.

2. Scope

This Code of Conduct applies to all gymnasts, parents, and guardians involved with Bicester & District Gymnastics Club CIC. It covers:

- Behaviour and expectations during training sessions, competitions, and club events.
- Interactions between gymnasts, coaches, parents, and other club members.
- Conduct on social media and digital platforms related to club activities.
- Guidelines for safety, discipline, and respect both inside and outside the gym.
- The process for handling breaches of conduct and the consequences of violations.

3. Gymnast Code of Conduct

As a gymnast at Bicester & District Gymnastics Club CIC, I will:

3.1. Respect & Behaviour

- Treat coaches, teammates, judges, and all club members with respect and kindness.
- Show good sportsmanship, whether winning or losing, and always encourage teammates.
- Never engage in bullying, teasing, or discrimination, including online or social media.
- Treat every teammate with kindness and include everyone: I will never exclude, isolate, or act unkindly towards another gymnast, whether in the gym, outside it, or online.
- Report any concerns, including bullying or safety issues, to a coach or the Welfare Officer (WO).

3.2. Safety & Training

- Listen carefully to coaches' instructions and follow safety rules at all times.
- Use all equipment properly and with care.
- Remain in designated areas during training and competitions and inform a coach before leaving.
- Arrive on time for training and competitions; if I am delayed, I will inform my coach as soon as possible.

3.3. Dress Code & Personal Presentation

- Wear appropriate attire: leotards or unitards with optional shorts for training.
- For competitions, wear the designated club kit.
- Keep long hair tied back and remove all jewellery, apart from a small pair of studs in the bottom ear lobe.

3.4. General Conduct

- Abstain from using inappropriate language, bad sportsmanship, or disruptive behaviour.
- Refrain from smoking, alcohol, or drug use within the club or at any gymnastics event.
- Enjoy gymnastics in a safe and positive way and seek help from a trusted adult if I feel unsafe or upset.

4. Parent & Guardian Code of Conduct

As a parent/guardian, I will:

4.1. Support & Respect

- Encourage my gymnast to follow club rules and promote a positive attitude.
- Treat coaches, officials, and club staff with respect and avoid confrontation during training or competitions.
- Direct any concerns to the head coach after a session rather than addressing them directly with coaches during sessions.

4.2. Training & Competitions

- Ensure my child arrives on time for their scheduled training session.
- Make sure they have used the toilet before entering the gym and have sufficient water, especially in warmer months.
- Refrain from communicating with gymnasts during training unless instructed by the Head Coach.

4.3. Health & Safety

- Inform the Head Coach if my child is unable to attend training due to illness or injury.
- Report any injuries sustained outside of the club that may affect training.
- Ensure my child is collected on time at the end of each session from the main door. If delayed, I will notify the club via text or phone.

4.4. Competition Etiquette

- Not argue with coaches, judges, or officials at competitions.
- If I have a concern about a competition result, I will speak privately with my gymnast's coach after the event.
- Never force my child to take part in training or competitions against their will.

4.5. Club Conduct & Communication

- Refrain from shouting, aggressive behaviour, or inappropriate language.
- Work collaboratively with coaches to address any concerns regarding my gymnast's training or behaviour.

- Follow the proper escalation process for complaints or concerns by contacting the Welfare Officer.

4.6. Communications with the Club

As a parent/guardian, I will:

- Raise any concern or complaint through the club's proper channels, in the first instance the Welfare Officer (welfare-officer@bicester-gymnastics.club) for welfare matters, or the club's published complaints procedure for other matters, rather than through social media, group chats, or approaching coaches and volunteers in person during sessions.
- Communicate with club staff, coaches and volunteers courteously and respectfully at all times, whether in person, in writing, or online.
- Once the club has fully considered and responded to a concern through the appropriate process, it is not normally expected to enter into repeated correspondence on the same matter unless new information becomes available.
- Understand that communication which is abusive, threatening, intimidating or persistently vexatious, including repeated correspondence pursuing matters already concluded, or communication placing unreasonable demands on the club's volunteers, may be treated as a breach of this Code.

4.7. Social Media and Public Conduct

As a parent/guardian, I will:

- Not use social media, messaging groups, or any public platform to disparage, harass, or organise or participate in campaigns intended to harass or undermine the club, its coaches, volunteers, committee members, gymnasts or families.
- Not share confidential club information, or information relating to other gymnasts, families, coaches or club personnel matters, on any platform.
- Recognise that the club's official communication channels exist for club business, and use them in accordance with their purpose and any posting rules the club sets.
- Raise disagreements with club decisions through the proper channels rather than through public commentary. Constructive feedback is always welcome through those routes.

5. Breaches of the Code of Conduct

Where a breach of this Code occurs, the club will respond proportionately. Depending on the seriousness of the matter, this may include:

- An informal conversation or verbal warning from a coach or club official.
- A formal written warning from the committee, setting out the conduct concerned and the improvement expected.
- Temporary suspension of the gymnast's training place, or of a parent/guardian's attendance at sessions or events, for repeated or serious breaches.
- Withdrawal of the gymnast's place at the club, or the exclusion of a parent/guardian from club premises and activities, in cases of serious or persistent breach, or where safeguarding concerns arise.

In applying this section, the club will:

- Act proportionately, and wherever possible seek to resolve matters informally first.
- Confirm any formal warning, suspension or withdrawal in writing, setting out the reasons.
- Give the individual concerned the opportunity to respond before any decision to suspend or withdraw a place is finalised, except where immediate action is required for safeguarding reasons.
- Allow an appeal against a decision to withdraw a place or exclude an individual, to be heard by persons not involved in the original decision.
- Never penalise a gymnast solely on account of the conduct of their parent or guardian, except where that conduct makes the continued relationship between the club and the family untenable, and only after the process above has been followed.

6. Monitoring Compliance

The adoption of this policy is subject to monitoring and auditing. The outcomes from these reviews will inform and improve practices as part of BDGC's commitment to continual improvement.

7. Review

This Policy will be reviewed at least annually.

8. Amendment and Termination

This Policy can be amended, replaced, or terminated at any time at the sole discretion of BDGC. If you have any questions about whether you are reviewing the latest Policy, please confirm with the Owner of this document identified below.

Document Controls

Category	Description
Document Owner	Chairman
Status (Draft, Published, Retired)	Published

History

Revision #	Change Description	Author Initials	Date
0.1	Document Conception	PK	05/02/2025
0.2	Updated/added sections for Social Media and Public Conduct, Communications with the Club, (Gymnast Code), Breaches of the Code (revised)	PK	04/07/2026
0.3	Updated terms & conditions	PK	12/07/2026