



Bicester & District Gymnastics Club

# **BDGC 006 – Gymnast & Parent Code of Conduct**

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**Document Approver:** Committee

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# 1. Purpose

Bicester & District Gymnastics Club 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. 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, 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.
- 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 Welfare Officer ([welfare-officer@bicester-gymnastics.club](mailto:welfare-officer@bicester-gymnastics.club)) 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 bathroom 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

- Avoid arguing 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.

## 5. Breaches of the Code of Conduct

Failure to follow this Code of Conduct may result in:

- Verbal warning from a coach or club official.
- Formal written warning with corrective actions outlined.
- Suspension from training or competitions for repeated violations.
- Removal from the club in cases of serious breaches or safeguarding concerns.

## 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

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