

Code of Conduct for Gymnasts

Our code of conduct reflects the British Gymnastics' standards of behaviour for gymnasts, coaches, parents, and visitors and also incorporates the views of its members. They act to provide a clear framework within which anyone involved in the club is expected to conduct themselves.

Gymnast Code of Conduct

- Gymnasts should arrive on time for their class and be prepared to train. If they arrive more than 10 minutes late, they must ask permission to join the class.
- Gymnasts under the age of 18 should be dropped off and collected from the gym by a designated adult and should never leave the gym unaccompanied.
- Failure to attend regularly without good reason or notification may result in gymnasts losing their place. Should they wish to re-join they will be added to the waiting list.
- Gymnasts must wear the appropriate clothing.
- Gymnasts should have bare feet or gym shoes only, no socks.
- Long hair must be tied back (all genders).
- Hinckley Olympic Gymnastics Club follows the BG guidance for the participation of members with body piercings. If the piercing can be removed it should be, if it cannot then it should be sufficiently covered to ensure it will not cause harm and the Head Coach should be informed to undertake a risk assessment.
- Gymnasts should bring a drink to ensure hydration, this must be in a sports bottle and kept in the changing rooms. No hot, or fizzy drinks or chewing gum is allowed in the gym.
- Gymnasts should make sure that they have the relevant medical treatment available should a situation arise where they might need to use it. Coaches must be aware of this, and the child and coach should know how to use it if appropriate (e.g. inhalers for asthma). Medication must be taken away at the end of the session, any medication left will be disposed of.
- Turn off mobile phones and do not use them in the hall.

- All members are expected to always maintain a good standard of behaviour. Disruptive or threatening behaviour of any kind including bullying is unacceptable and will not be tolerated.
- Avoid using bad language.
- Be polite and considerate to others and treat other people's belongings with respect.
- Gymnasts should not climb upon or use any equipment unless instructed to do so by a coach. Gymnastics equipment and premises should be always respected.
- For their safety gymnasts must listen carefully and follow the instruction of the coach at all times.
- Smoking, drinking alcohol or taking drugs is strictly prohibited.
- Any violation could result in membership being suspended or revoked.