



## **CODE OF CONDUCT FOR GYMNASTS:**

- Gymnasts must arrive at the session on time, sit in the designated area ready to participate fully in the warm up.
- Gymnasts should have been to the toilet prior to the class to avoid disrupting the class.
- Gymnasts must keep a good attitude and willingness to learn and take instruction from the coach.
- Gymnasts should wear appropriate clothing for the lesson. Hair tied back and no jewelry.
- Gymnasts / parents must inform coach of any injuries or illness before taking part in the warm up.
- Wear appropriate clothing (no zips, buttons) and have bare feet, gym shoes or grip socks.
- Gymnasts should be friendly, encouraging and respectful to other club members and coaches.
- Gymnasts must not distract, bully or harass other members during the session or use bad language.
- Gymnasts must always listen to and obey club coaches' instructions.
- No chewing gum or eating food during sessions. Drinks bottles must be kept at the side of the hall, away from the mats and equipment and must only contain water.
- Gymnasts should only go onto the apparatus when asked to by your coach and perform only the skills they are asking you to work on. Do not attempt new skills without the permission of your coach.
- Gymnasts should talk to their coach straight away if you have any concerns about the move you are trying, if you are feeling unwell or have injured yourself.
- Gymnasts should always ask for permission to leave the hall if you need to use the toilet.
- Gymnasts should not run in the gym / hall except if the coach has asked you to as part of the session.
- Gymnasts should remain in the hall at the end of your session until collected and signed out by a parent or guardian (unless you are in Year 7+ and have permission to walk home / wait outside alone)
- All valuables (including mobile phones) must be left at home. Springbox does not take responsibility for items lost at gym
- ALL GYMNASTS SHOULD HAVE FUN AND BRING A SMILE WITH THEM!

## **DISCIPLINARY PROCEDURE**

- Gymnasts that breach the above Code of Conduct will firstly be reminded of the rules.
- Should a gymnast continually breach the rules, they may be separated from peers or group or be made to sit out for a brief period of time.
- If they continue to breach the rules after being moved, then parents will be informed to discuss the situation. (In extreme cases where physical violence or verbal abuse is involved, exclusion from the club may be considered.)