



STARLIGHT



TRAMPOLINE & GYMNASTICS CLUB

Code of Conduct - Gymnasts

The Club is fully committed to safeguarding and promoting the well-being of all our gymnasts. The Club believes that it is important that gymnasts, coaches, administrators and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, gymnasts are encouraged to be open at all times and share any concerns that they may have with the Director of Coaching, Coaches, the Club Welfare Officer or Club Officers. As a member of the Club you are expected to abide by the following rules.

- All gymnasts must participate within the rules and respect Coaches, Judges and Officials and their decisions.
- Gymnasts must follow the instructions of the Coach at all times.
- All gymnasts must respect their opponents and fellow club members.
- Gymnasts should keep to agreed timings for training and competitions or inform their Coach if they are going to be late. Failure to attend training sessions on a regular basis without good reason and notification may result in a gymnast losing their place.
- Gymnasts must wear suitable attire for training and events as agreed with the Coach. All long hair must be tied back and all body jewellery must be removed.
- Fees for training and events must be paid promptly. The current British Gymnastics Association fee must be paid as soon as a gymnast joins the Club to ensure that the gymnast is insured.
- Gymnasts must not smoke, consume or take or be under the influence of alcohol or drugs of any kind when training or representing the Club.
- Gymnasts must treat all equipment with respect and must not climb upon or use any equipment unless instructed to do so by a coach, and must not go under the trampolines, end decks or mats between the trampolines.
- Gymnasts must never use the trampolines or other equipment unless a coach is present and coaching, and must never attempt difficult skills without progressive training and the permission of the coach.
- The use of mobile phones, MP3s, MP4s, Ipods, games consoles or similar is not allowed whilst training, unless consent is given by the Director of Coaching or coach in charge.
- Gymnasts must inform the Director of Coaching or coach in charge of any injuries or illness they may have before the warm up begins, or sustain during training activities.
- Gymnasts should not eat or chew gum during a session. [No food or drink is allowed in the sports hall.](#)
- [Gymnasts should place their personal belongings in a safe and tidy manner in specified locations as directed by coaches and club officials. No food or fizzy drink is allowed in the sports hall, only water or sports drinks can be kept at the side of the hall.](#)
- Gymnasts must not use bad language and are expected to maintain a good standard of behaviour at all times. Inappropriate behavior will not be tolerated.
- Gymnasts must not shout or talk across the hall or trampolines as it can cause distraction.
- Gymnasts must not leave the gymnasium or sports hall without the permission of their coach.
- The Club must be kept informed of any changes to contact details or medical information.
- Authorisation is required for the photographing and video recording of training sessions. The club may use photographs or video recording for coaching purposes only.