



Code of Conduct; Gymnasts and Parents

Version	Date	Action
1	February 2024	New Policy

Members (gymnasts) of Penketh Gymnastics Club are expected to abide by the following club code of conduct;

1. Gymnasts must participate within the rules and respect coaches, helpers, judges and their decisions.
2. Gymnasts must respect opponents and fellow club gymnasts.
3. Gymnasts should keep to agreed timings, having already visited the toilet, for training and competitions or inform their coach if they are going to be delayed or absent.
4. Gymnasts must dress suitably. All long hair must be tied back and all body jewellery must be removed. The gymnast will not be allowed to participate while wearing jewellery no matter how recently the piercing took place. Earring can be covered with tape which must be in place before the session.
5. Gymnasts are required to look after the gym equipment and tidy up before and after training. Outdoor shoes must not be worn inside the gym.
6. Gymnasts must not use any equipment unless accompanied by an appropriate coach.
7. Gymnasts should bring any necessary personal equipment with them to training and must have a suitable and named drink of water to last them the session.
8. Gymnasts have a responsibility to report any injuries or illnesses to your coach prior to training.
9. Smoking, drinking alcohol or taking drugs is prohibited on the premises.
10. Bullying will not be tolerated in any form – please see separate Anti-Bullying Policy for more information.
11. Gymnasts must not use inappropriate language.
12. Gymnasts must attend as often as possible for their own development. Missing 3 consecutive training sessions without prior notice or explanation may result in termination of membership.
13. Gymnasts are responsible for their own possessions. The club will accept no liability for lost or damaged items.
14. Gymnasts phones are not allowed during training sessions but older gymnasts who require a mobile phone may bring this and store it safely.
15. Gymnasts are encouraged at home to adapt a healthy eating and sleeping pattern.

Parents of members (gymnasts) of Penketh Gymnastics Club are expected to abide by the following club code of conduct;

1. Parents should encourage their children to learn and abide by the rules set out in the code of conduct.
2. Please notify the coach of any additional needs that your child may have.
3. Parents should ensure gymnasts report any injuries or illnesses to your coach prior to training.
4. Parents should encourage your child(ren) to take part, never force them.

5. Parents must accompany gymnasts into the gym and come in to collect them promptly at the end of their session. Penketh Gymnastics Club will not allow a gymnast to leave alone or with an unknown person. Please inform the coach at the start of the session if it will not be the usual adult collecting. Children of secondary school age may be allowed to leave alone with parental permission, a 'Leaving Alone Permission Slip' must be completed before this will be allowed.
6. Parents must ensure fees for training, events, club membership and British Gymnastics membership are paid promptly.
7. It is the responsibility of the parents to check emails, notices and the website for information.
8. Parents should discourage challenging/arguing with coaches and officials and publicly accept officials' judgement.
9. Parents should support your children to recognise good performance, not just results.
10. Parents should set a good example by applauding all performances and recognising good sportsmanship.
11. Parents should ensure gymnasts are dressed appropriately for training sessions and bring a drink with them.
12. The use of inappropriate language will not be tolerated.
13. No photography or videography is permitted during training sessions and only management approved photos will be shared on social media in line with the club's photography policy.

Failure to adhere to the above standards and code of conduct may result in the below disciplinary process being followed.

Inappropriate behaviour of a gymnast may be categorised as: minor, moderate, serious or very serious. Examples of each are highlighted below:

Minor: A minor breach of Club rules on one occasion. E.g. answering back to a coach, being unkind to another gymnast, general silly behaviour, lack of attention, time wasting, not trying their best

- Dealt with by the coach at the time using a verbal prompt, parents may be informed

Moderate: A minor breach of Club rules on more than one occasion, or a more serious incident. E.g. using inappropriate language, evidence of bullying another child, persistent time wasting or silly behaviour, refusal to complete a task

- Dealt with by the coach at the time using a verbal prompt, parents informed (*Discipline Procedure: Stage 1*)

- Pending severity of incident(s), Welfare Officer informed, formal written warning issued, and gymnast placed on behaviour report (*Discipline Procedure: Stage 2*)

Serious: Persistent breach of Club rules on three or more occasions, or a serious incident involving some loss of personal control e.g. persistent bullying of another child/children, encouraging others to misbehave, inappropriate language directed at another child/coach, inappropriate use of social media

- Dealt with by the coach at the time with support from a member of the Head Coach or the Club Welfare Officer; formal written warning issued, and gymnast placed on behaviour report (*Discipline Procedure: Stage 2*)
- Pending severity of incident(s), gymnast may be suspended (*Discipline Procedure: Stage 3*)

Very Serious: Repeated unacceptable behaviour, or physical/verbal abuse directed at another child/coach, or serious inappropriate use of social media

- Dealt with by the coach at the time with support from a member of the Management Team or the Club Welfare Officer; formal written warning issued, and gymnast placed on behaviour report (*Discipline Procedure: Stage 2*)
- Pending severity of incident(s), gymnast may be suspended or excluded from the Club (*Discipline Procedure: Stage 3*)

Advice may be sought from external groups as required (e.g., the Police)