

## CODE OF CONDUCT

### COACHES/OFFICIALS/VOLUNTEERS:

1. Develop an appropriate working relationship with gymnasts based on mutual trust & respect
2. Consider the well-being and safety of all participants before the development of performance
3. Display high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved in Upstarts activities
4. Upstarts has a NO TOLERANCE policy for any type of harassment. Harassment of any type will be taken very seriously. Penalty would range from being banned from the gym to prosecution.
5. Hold the appropriate, valid qualifications and insurance cover
6. Make sure all activities are appropriate to the age, ability and experience of those taking part and that all participants are suitably prepared mentally & physically when learning new skills
7. Report any incidents/disclosures immediately, following the appropriate guidelines set out in the BG safeguarding & protecting children policy
8. **Never** wear jewellery at any time apart from the exception of a wedding band
9. Promote fair play and encourage pride in performance
10. **Never** consume alcohol or take drugs before or during training or events
11. Obtain prior agreement from parents/guardians of gymnasts before transporting to events or training
12. Maintain integrity and ensure confidential information is not divulged unless approved by the individual concerned
13. **Never** exert undue influence over performers to obtain personal benefit or reward
14. **Never** have a performer stay over at a coaches house
15. Proactively work as part of the coaching team striving for the same goal. Don't be afraid to ask questions.
16. Follow all guidelines laid down by British Gymnastics and Upstarts Gymnastics Club