

CODE OF CONDUCT for GYMNASTS



- All gymnasts should respect their fellow gymnastic club members.
- All gymnasts are to train in suitable Gymnastic attire – for Girls, Leotard with shorts/leggings, for Boys, Unitard or Leotard and shorts. **No baggy clothing or strappy tops, no 'hoodies' during training.** (pre-schoolers do not need leotards)
- Gymnasts are **NOT** allowed to wear any jewellery during training sessions, displays or competitive events.
- Hair – All gymnasts with medium to long hair are required to have hair suitably tied back during each training session (this includes all long fringes). Very long hair to be plaited.
- Gymnasts are to behave in a respectable manner, and bullying & swearing will not be tolerated at any time.
- Any illness or injuries should be brought to the attention of your coach.
- **Gymnasts are encouraged to arrive on time for each lesson.**
- All equipment and apparatus should be treated with respect.
- Gymnasts must not leave the gymnasium at the end of their session, until collected by their parent/guardian.
- Gymnasts are to train barefoot unless there is a medical reason prohibiting them from doing so. (Coaches are to be made aware of this before warm up).
- Gymnasts should never train or work on equipment without a qualified coach present.
- Upstarts Gymnastics Club cannot be held responsible for lost or stolen items. Please ensure items of clothing are named.
- Gymnasts should respect their coaches and any decisions made. Upstarts operate a NO TOLERANCE policy on disrespectful behaviour and harassment of any type and any occurrences will be dealt with very seriously.
- Gymnasts can approach the Welfare officer if they have any concerns or may to speak confidentially to a coach.
- Gymnasts must not eat or chew gum during any session.
- Failure to adhere to the Upstarts code of conduct, may result in your membership being suspended or revoked, without refund.

We thank you for your support