



Abbey Gymnastics Code of Conduct for Coaches



We are fully committed to safeguarding and promoting the well-being of all our members. The club believes that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged and asked to be open at all times and share any complaints or concerns they may have about any aspect of the club with Coaches and/or with the Club Welfare Officer, Michele Cowan.

The essence of good ethical conduct and practice for all Club Coaches are summarised below:

- Coaches are expected to act in 'loco parentis' once a child is left in the care of them and act as 'responsible sports coaches'.
- The Coaches 'loco parentis' role commences at the start of the gymnastics class through to the end of the class when gymnasts are discharged to the care of their parent, guardian or carer.
- Coaches should hold the appropriate valid qualifications and insurance cover and ensure that their coaching knowledge and practice are according to current best practice (unless they are in the role of Coach under Instruction).
- Always coach within their qualification unless under the supervision of a senior coach.
- Coaches must consider the wellbeing and safety of the gymnast before the development of performance. They should follow all guidelines set down by British Gymnastics.
- Coaches must develop an appropriate working relationship with gymnasts based on mutual trust and respect and encourage gymnasts to value their individual performances and not just their results in competition.
- Coaches must ensure all activities are appropriate to the age, ability and experience of gymnasts, ensuring they are both physically and mentally prepared when learning new skills.
- Coaches must never exert undue influence over gymnasts to obtain personal benefit or reward and always promote fair play and the positive aspects of the sport.
- Coaches must encourage and guide gymnasts to accept responsibility for their own behaviour and performance.
- Coaches are to provide a 'safe' training environment for all gymnasts.
- Coaches must check equipment before use.
- Coaches must display consistently high standards of behaviour and appearance, dressing suitably and using appropriate language at all times whilst involved in club activities.
- Coaches should not wear jewellery in a training session or competitive event.
- Coaches must never allow gymnasts to leave the training areas without a responsible adult.
- Coaches must make themselves known to parents, guardians or carers of new gymnasts to ensure that gymnasts only leave the training venue with a known face.
- Coaches are to ensure that gymnasts are fit to train and are to not promote continued training for an injured gymnast.
- Coaches must never give a gymnast a lift home unless another gymnast or adult is present.
- Coaches must never train in a one to one situation with gymnasts.
- Coaches must ensure that a qualified First Aider (usually a coach) must always be on site.
- Coaches must never consume alcohol immediately before or during training, events or competitions.
- Coaches must always report incidents, referrals or disclosures immediately, following the appropriate guidelines set out in the BG Child Protection Procedures and in the Abbey Gymnastics Child Protection Statement.
- Coaches must ensure confidential information is not divulged unless given approval by the individual concerned, or an emergency requires details to be relayed to medical professionals or is required for the protection and wellbeing of the gymnast.
- Follow all guidance laid down by British Gymnastics and Abbey Gymnastics C.I.C.