



## Abbey Gymnastics Code of Conduct for Gymnasts



We are fully committed to safeguarding and promoting the wellbeing of all our members. The club believes that members, coaches, administrators, and parents, guardian and carers associated with the club should always 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.

As a member of Abbey Gymnastics C.I.C., you are expected to abide by the following club rules:

- All gymnasts are expected to participate within the rules and respect coaches, judges and their decisions.
- Gymnasts are expected to arrive for training on time.
- Gymnasts should wear suitable clothing for training and events. Long hair should be tied back, and no jewellery must be worn, unless ears are recently pierced in which case they should be taped and the coach should be informed.
- Gymnasts requiring the use of an inhaler must have it clearly marked with their name on it. It should be handed to the coach in charge at the beginning of the class for safekeeping and collected again at the end.
- Gymnasts must inform the coach of any injuries or illnesses before warm-up begins.
- Gymnasts should inform the Head Coach of any long-term condition or disability that may affect their ability to safely participate in any way.
- Gymnasts should train barefoot unless there is medical reason. If there is a medical reason, this should be brought to the attention of the coach in charge at the start of the class.
- Gymnasts must follow our Abbey Gymnastics C.I.C Rules – **GIMME 5**.
- Gymnasts must never train in the absence of other gymnasts and must never work on gymnastics equipment in the absence of a qualified coach and treat all equipment with respect.
- Gymnasts are asked to pay attention to their own personal hygiene, ensuring both they and their leotards are clean. The use of deodorant is encouraged.
- Gymnasts are required to look after their own equipment, ensuring they are brought to each training session.
- Gymnasts should not eat or chew gum during a session. Gymnasts will be given drink breaks.
- Coaches should be able to coach safely and give equal attention to all gymnasts. Where the coach is concerned about ongoing poor behaviour which puts this expectation in jeopardy, parents or guardians will be informed.
- Gymnasts may be suspended from training or excluded from the club with cancellation of membership should it be known that they bully other gymnasts, be disrespectful to anyone, behave in a way that could be intimidating or be abusive towards anyone.
- Gymnasts are not allowed to use mobile phones or recording equipment of any kind whilst in the gym without the permission of the Head Coach, this includes whilst representing the Club at competitions.
- Gymnasts should remain with coaches at the end of a session until collected by their parent, guardian or carer unless there is written consent in place allowing a member to make their own way home.
- All gymnasts must respect fellow gymnasts and opponents when representing the club at competition.
- Gymnasts must not smoke, consume alcohol, or take banned substances of any kind during training or representing the club at competitions or events.
- Abbey Gymnastics cannot be held responsible for lost or stolen items. It is advisable for items of clothing and equipment to be labelled with the child's name.

## What happens if I decide not to follow the Code of Conduct?

This code of conduct is part of our process for making sure everyone who takes part in our club receives the support they need. We use the following system to manage continuous behavioural issues.

### **Minor or First-Time Incident**

If you behave in a way that does not follow our code of conduct, your coach will remind you about it and ask you to comply with it. They will give you an opportunity to change your behaviour. This gives you the chance to think and to plan how you could behave differently, with support from your coach(es).

### **Repeated Behaviour - Formal warning**

If you continue not to follow the code of conduct after your first reminder, or if your behaviour is more serious, you will be given a formal warning by the Head Coach. They will make a record about what happened and inform your parents, guardians or carers if this is appropriate. They will also talk with you about what happened and agree what support you need to improve your behaviour in the future. We may also decide that a sanction is appropriate such as restricting you from taking part in some activities.

### **Continued Behaviour - Final warning**

If the support we have put in place is not helping you to change your behaviour, you will be given a final warning. Again, this will be recorded, and we will inform your parents, guardians, or carers as appropriate. At this point, we will talk with you and your parents, guardians, or carers about other services that might be more able to give you the support you need. This will result in temporary exclusion from the club activities and possible cancellation of membership depending on the severity of the behaviour.

### **Child Protection Procedures:**

If any coach, member of staff or volunteer becomes concerned that your behaviour suggests you may be in need of protection or that you may present a risk of harm to other children and young people, they will follow our child protection procedures. This may involve making a referral to the local authority. If child protection procedures are necessary, we will talk this through with you and your parents, guardians, or carers as soon as possible, unless doing so would put you in danger or interfere with a police investigation.

### **The Role of Parents, Guardians and Carers:**

We see parents, guardians, and carers as valuable partners in promoting positive behaviour and will involve them. We will always inform and involve your parents, guardians or carers if you receive a formal warning about your behaviour, unless doing so would put you in danger.

### **A reminder of our Club values:**

Abbey's values underpin everything that we do in promoting **Gymnastics for All!**

- **Empowerment:**  
People have the right to reach their full potential and we will support them to achieve this.
- **Partnership:**  
Partnerships and collaborative approaches achieve the best results and impact change at all levels.
- **Fair Treatment:**  
Everyone has the right to be treated equally and to have equal access to job opportunities and gymnastics as a sporting activity.
- **Valuing Everyone:**  
Support given by peers, families, friends, and carers should be respected and valued, along with those who work or volunteer to deliver our activities.