ROTHWELL GYMNASTICS

Coaches and Officials Code of Conduct

The Coaches Code of Conduct is designed to support the club's child protection policies. It works in conjunction with the club procedures and British Gymnastics coaching guidelines. It exists to promote a safe and enjoyable gymnastics experience for the members of Rothwell Gymnastics.

Protecting the Rights of the Gymnast

Coaches must respect and champion the rights of every individual to participate in gymnastics. This includes…

- Providing an environment in which children are free from fear or harassment
- Recognising the rights of performers to be treated as individuals
- Encouraging performers to confer with other coaches if the need arises, and encouraging them to move on as their ability increases, even if this means moving to a new coach or new group
- Promoting the concept of a well balanced lifestyle for performers both within and outside of gymnastics

The Relationship with the Gymnast

Coaches must develop a relationship with the gymnasts in their care, based on openness, honesty, mutual trust, and respect. This includes…

- Always being publicly open when working with gymnasts. Situations where a coach is working alone and unobserved with an individual will be avoided
- Taking care when providing manual support, only BG advised techniques for spotting and handling should be used
- If a group of gymnasts need to be supervised in the changing rooms coaches should supervise in pairs
- Coaches should never take a gymnast home with them, or to any other secluded place. Similarly, coaches should avoid transporting gymnasts, or where the need arises explicit permission from the parent/guardian should be sought and the coach should try to take more than one child and where possible another adult
- Never engaging in rough or sexually provocative games or making suggestive remarks to a gymnast – even in fun
- Retaining professional boundaries, being friendly but not treating gymnasts as friends.
- Not doing things of a personal nature for a child that they can do for themselves, this includes assisting them in changing rooms or toilets
- Sharing a bedroom with an individual gymnast on overnight excursions – this should be the responsibility of parents or carers.
- The coach should at all times be concerned for the safety, well-being, protection and future of the gymnast

Responsibilities – Personal Standards

Coaches must demonstrate proper personal behaviour and conduct at all times. This includes…

- Whilst representing the club coaches should wear club uniform and be of a clean and tidy appearance. No jewellery to be worn whilst coaching or spotting.
- Coaches should maintain good time keeping
- Coaches should give at least one week's notice if they are unable to attend a session due to other commitments. In this instance it is the coach's responsibility to help find a replacement coach for the session
- Coaches should call the head coach by 9pm on the day previous to the class if they are unable to attend a session due to illness

- Coaches should attend full training sessions including preparation, set up, warm-up periods and ensure safe dispersal of gymnasts, handing duty of care back directly to their responsible adult.

Responsibilities – Professional Standards

To maximise benefits and minimise the risks to athletes, coaches must attain a high level of competence through qualifications and a commitment to ongoing training that ensures safe and correct practice. This includes…

- Coaches must not mis-represent their qualifications, affiliations or professional competence to the club, club members, or in any form of media.
- Coaches must be aware of and not coach skills outside their current qualification syllabus. This may be agreed with prior permission, supervision and mentorship of the appropriate level coach for those skills.
- Coaches have a professional obligation to the gymnasts to treat all allegations or suspicions of abuse seriously and with the utmost discretion. The first point of contact for any matters relating to this are the club welfare officers, alternatively coaches should raise their concerns with their mentor or head coach
- All coaches must have current BG membership, a current DBS check, SPC training and Flexibility/Stretching training as well as attending staff CPD sessions as required by the club and BG. Without these being current, coaching within club will not be permitted.
- Coaches should not publicly criticise fellow coaches or other clubs in public, the media or to club (or former) members or parents.
- Any conflict between coaches should take place in private, not in front of members. Any disagreements that cannot be satisfactorily resolved through discussion and compromise should be reported to the head coach at the first available opportunity.
- All matters concerning the business of the gym club should be kept confidential at all times.
- Coaches must not divulge any confidential information relating to a gymnast, club official, parent/guardian, member, or fellow coach to any third party without the explicit permission of that person or their parent/guardian (if under 18)
- Coaches have an obligation to declare to the gymnastic club any other current coaching or sport related commitments. Coaches who become aware of any conflict between their obligation to the club must bring the situation to the attention of the club manager immediately.
- All coaches have a professional duty of care that includes a responsibility to ensure all equipment is safe to use, suitable for the purpose of the exercise and appropriate for the ability level of the gymnasts participating, including the progressions prior to performance.
- The duty of care extends to include an obligation to record any health and safety issues in the club diary or accident report book, and bring them to the attention of the health and safety officer or management team immediately
- Coaches must discourage unsafe and inappropriate behaviour at all times, and are obliged to follow guidelines in the disciplinary policy when dealing with any incidents
- If a coach enlists the help of an unqualified person during their session the coach has full responsibility for that person's actions during the session
- For the comfort of all coaches using the gym, equipment should be stored safely and in the appropriate places after every session

Drugs, Alcohol & Criminal Convictions

- The use or possession of drugs, or being under the influence of drugs or alcohol while on the premises is strictly prohibited, and person breaking this rule will be subject to disciplinary processes.
- All coaches are required to present to the club manager a valid DBS certificate. If during the course of their employment any coach is convicted of a criminal offence, they are obliged to report this to the centre manager / head coach immediately.

Oct 26 V8