ROTHWELL GYMNASTICS
GYMNASTS CODE OF CONDUCT

- Gymnasts should arrive on time and dress suitably for their class. **Gymnasts arriving more than 10 minutes after the start of their session will not be permitted to join in the class** as you will have missed a significant part of the warm-up.

- The dress code is leotard for girls, and shorts with a close fitting T-shirt for boys. Girls may wear fitted shorts or leggings for training if they wish. We do NOT permit crop tops with bare abdomen.

- All long hair should be tied back neatly and not touch the floor when performing a handstand. For safety, gymnasts without hair suitably secured will **not** be allowed to train.

- No jewellery or watches are to be worn in the gym. Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible (normally after six-weeks) - as stated by our Governing Body – British Gymnastics. Any religious or medical jewellery needed to be worn, should be approved by the Head Coach.

- Mobile phones must remain in bags for the lesson. Phones seen being used during training times will be placed in the Phone Jail until the end of the session

- For their own safety gymnasts should follow the instructions of the coaches and leaders at all times.

- Gymnasts must not climb upon or use any equipment unless instructed to do so by a coach.

- Remember your role in gym. Coaches are here to coach, gymnasts are here to train.

- Food and drink is not permitted in the training areas of the gym. You must only eat on designated breaks at the agreed time allocated. Hydration breaks are allowed.

- Gymnasts must move around the gym carefully making sure they do not pass in front of others who are training.

- All members are expected to maintain a good standard of behaviour at all times. Be respectful all the time. Listen to other people. Avoid whispering and think before you speak or act. Use positive words and actions. Be kind.

- We encourage gymnasts to self regulate and take time out to one side on their own if they need time to reflect. They should not disturb others.

- Failure to attend training sessions on a regular basis without good reason and notification may result in the member losing their place.

- Failure of adults to collect their child from the gym without contact, will result in social services or the police being called. Regular late collection may result in a member losing their place.

- IF FOR UNEXPLAINED REASONS YOU CANNOT COLLECT YOUR CHILD, YOU MUST CONTACT THE CLUB IMMEDIATELY. Telephone: **0113 318 2287** – Late arrival for collection of children, without notification will result in the club informing social services or the police as per BG guidelines.

All discipline matters or complaints should be directed to the welfare officers or session coach immediately.

Reviewed July 2020 v5 Reviewed Jul 2024 v6 Oct 2026 v7