

### Code of conduct for gymnasts

- Gymnasts must inform their coach of any injuries or illness/feeling unwell before the start of the session.
- Be dressed suitably for their session, making sure hair is tied back and no jewellery is worn (British Gymnastics policy on new piercings is applicable)
- Gymnasts are responsible for their own belongings. Clothing must be in bag, and placed tidily in the gym, within the designated area.
- Gymnasts must ask their coach if they wish to leave the group to obtain a drink. Regular drink breaks will be provided throughout the session. Gymnasts are highly advised to have a drink during these opportunities.
- If a gymnast wishes to go the toilet they must ask their coach, before leaving their group.
- Must show respect towards all coaches and members of the team at all times, and respect their decisions.
- Frustrations can, and do, occur in the sport. Please remain with your coach unless directed differently.
- Understand that your coach will always have your best interest at heart.
- Equipment must be treated with respect at all times in the gym.
- No equipment should be touched without being directed to by a coach.
- Show respect to other gymnasts in the gym, and sportsmanship when a new skill or achievement is gained.
- Develop the correct working relationship with coaches in the gym.
- Bullying and bad/inappropriate language is not acceptable in the gym, and will not be tolerated. After warnings and liaising with parents, if this continues you will be asked to leave the club.
- Remain in the gym at the end of session until collected by their parent/guardian.