

# Coaches

## CODE OF CONDUCT

- 1 Abide by the Gymnastics Australia Coaches' Code of Ethics. [https://www.gymnastics.org.au/images/national/About\\_Us/By\\_laws\\_Policies\\_Tech\\_Re\\_gs/Coaches\\_Code\\_of\\_Ethics.pdf](https://www.gymnastics.org.au/images/national/About_Us/By_laws_Policies_Tech_Re_gs/Coaches_Code_of_Ethics.pdf)
- 2 Be reasonable in your demands on young gymnasts' time, energy and enthusiasm.
- 3 Ensure physical contact with gymnast's is appropriate and necessary for the gymnasts' skill development – ensure spotting is used only to facilitate learning or safe performance.
- 4 Encourage, by example, the removal of any form of personal abuse, harassment or inappropriate discrimination:
  - a. refrain from verbal, physical or emotional abuse (this includes using high repetitions of strength exercises as punishment)
  - b. refrain from any form of sexual harassment towards gymnasts and colleagues
  - c. refrain from using the influence of a coaching position to encourage inappropriate intimacy between coach and gymnast or between gymnasts
  - d. refrain from any discriminatory practices on the basis of race, religion, ethnic background, or special ability/disability of athletes
  - e. refrain from any form of harassment towards any stakeholder within our gym.
- 5 Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Always use praise to affirm the children, mistakes and losses are inevitable and are not a reason to ridicule a child.
- 6 Refrain from being alone with any gymnast. Always ensure two responsible adults are always present if left to care for a gymnast.
- 7 Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the gymnasts.
- 8 The scheduling and length of practice times and competition should take into consideration the maturity level of gymnasts.
- 9 Develop team respect for the ability of opponents as well as for the judgment of officials and opposing coaches.
- 10 Follow the advice of a physician when determining when an injured gymnast is ready to recommence training.
- 11 Be aware of the role of the coach as an educator. As well as imparting knowledge and skills, promote desirable personal and social behaviors.
- 12 Seek to keep abreast of changes in gymnastics; ensure that the information used is up to date, appropriate to the needs of gymnasts and takes account of the principles of growth and development of children.
- 13 Be alert to any forms of abuse towards gymnasts from other sources whilst they are in your care
- 14 Arrive ready for work no later than 10 minutes prior to the commencement of your lesson.
- 15 Commence classes on time and finish class at the scheduled time.
- 16 Inspect the apparatus prior to using it. Report any breakages or unsafe equipment to a Program Coordinator (WAG Coordinator; MAG Coordinator; Acro Coordinator or Club Administrator).
- 17 All coaches must wear their uniform while coaching. Refer to the Gladstone Gymnastics Club Uniform Policy.
- 18 Coaches must adopt an active work posture during classes. Coaches should remain alert and focus on their gymnasts ensuring safety is maintained at all times. Mobile phones are NOT to be brought onto the gymnasium floor during class.
- 19 Continually remain in the training area whilst gymnasts are on the apparatus. Keep an eye on the gymnasts at all times. Safety is the number one priority.
- 20 Develop respect and pride in the club and its facilities and members. Speak courteously to all other members, keep the club clean and put away all excess equipment when not in use.
- 21 Coaches are to ensure gymnasts pack away all equipment used at the conclusion of their class.
- 22 Be a positive role model and add to the positive culture of our community club.
- 23 Understand the repercussions if you breach, or are aware of any breaches of, this code of conduct.



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