

Gymnasts

CODE OF CONDUCT

- 1 Play by the rules.
- 2 Apply yourself properly during each training session. Train to be the best you can be. Work equally hard for yourself and for your team.
- 3 Be a good sport. Acknowledge all good skills or routines whether they are by your team- mates or from other clubs.
- 4 Respect officials' decisions, making all appeals through the formal process and respecting the final decision.
- 5 Treat all other gymnasts as you would like to be treated. Do not interfere with, harass or take unfair advantage of another gymnast.
- 6 Co-operate with your coach, team-mates and opponents. Without them there would be no competition.
- 7 Train for the "fun of it" and not just to please parents or coaches.
- 8 Be prepared to lose sometimes. Everyone wins and loses at some time. Be a fair winner and good loser.
- 9 Avoid comparing yourself to other gymnasts. Recognise that each individual is on their own gymnastics journey and comparing yourself to others at times can be counterproductive.
- 10 Follow the instructions of your coach at all times and avoid back chatting or showing disrespect. Please question any instruction in a respectful manner and if you have a concern with an instruction you can speak to a Head Coach or the Club Administrator in a break or after class.
- 11 Be positive and encouraging to other gymnasts. When providing feedback to another gymnast always do so in an encouraging manner and in a way that is constructive and supportive.
- 12 Attend all training sessions required for your level.
- 13 Be punctual and organised for all training sessions. Be dressed appropriately for all training sessions.
- 14 Notify a coach immediately if you hurt yourself.
- 15 Share the responsibility with your parent / guardian of notifying your coach if you will be absent (school camps, holidays).
- 16 Use all equipment in a safe manner. Never use a piece of equipment or try to do any skill without being instructed to do so by a coach
- 17 Respect the equipment and tidy up after yourself, take pride in our gym by putting rubbish in the bin and packing equipment away after you have finished with it. When you move equipment make sure that it is left in a position that will not damage it.
- 18 Mobile phones are not to be used during training sessions. In the event of an emergency, please advise Office staff or a coach who will contact your parent or guardian.
- 19 If your parents are late picking you up, wait inside the foyer area for them to pick you up.
- 20 Demonstrate appropriate social behavior by not using foul language, harassing gymnasts, coaches or officials.
- 21 Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.
- 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.



GLADSTONE
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Real Gymnastics Real Fun