**INNOVATE GYMNASTICS CLUB**

**CODE OF CONDUCT**

FOR GYMNASTS

Innovate Gymnastics Club is fully committed to safeguarding and promoting the wellbeing of all its gymnasts. The club believes that it is important that gymnasts, coaches, volunteers, and parents associated with the club should, always, show respect and understanding for the safety and welfare of others. Therefore, gymnasts are encouraged to be always open and to share any concerns or complaints that they may have about any aspect of the club with group coach or Lead coach.

As a member of Innovate Gymnastics Club you are expected to abide by the following gymnasts code of conduct:

·    All gymnasts must follow the rules and respect coaches and their decisions.

·    All gymnasts must respect the rights, dignity and worth of all gymnasts regardless of gender, ability, cultural background, or religion.

·    Members should keep to agreed timings for training and competitions or inform their coach if they are going to be late or cannot attend.

·    Members must wear suitable kit – preferably Leotard for girls and leotard and shorts or gym kit for boys at training sessions.

·    Members must wear club uniform at competitions e.g., Club leotard/vest & shorts & Tracksuit if applicable.

·    Long hair must be tied back, gymnasts must remove all jewellery including body piercings, and earrings that cannot be removed must be covered with tape or Elastoplast prior to the start of training sessions.

·    A high standard of behaviour is always expected from gymnasts including competitions and club trips.

·    Be proud of your own achievements and encourage fellow gymnasts to succeed too.

·    Always be courteous to coaches, parents, and other gymnasts.

·    Always listen carefully to coaches’ instructions and teaching points

·    Always tell a coach if you need to leave the class.