



## **CODE OF CONDUCT FOR GYMNASTS**

### **'BE THE BEST THAT YOU CAN BE'**

Participation in sport can provide valuable life experiences and opportunities for children and young people. Gymmagic has identified essential ingredients for gymnasts being a part of the Gym magic team. We aspire for all our gymnasts to portray good sportsmanship, respect for others, team spirit and hard work and in turn hope that gymnasts will develop valuable life skills and have high self-esteem, self-confidence and developing social and leadership qualities.

As a member of Gymmagic, whilst in the gym and out representing the club at competitions and events, BE THE BEST THAT YOU CAN BE by:

1 Treating other club members and coaches with RESPECT. listen to instructions, only go in areas and spaces you are allowed, inform coaches and gain permission if leaving the gym. Respect the equipment and only use what you have been asked to use.

2 Being POSITIVE. Consider the impact of your behaviour towards others. Bullying is not tolerated. (Refer to Gymmagic Anti-Bullying Policy for details)

3 Being POLITE. Refrain from using bad language. Offer to help and support the club when you can.

4 Being PUNCTUAL. Arrive on time for sessions to register and warm-up. Inform coaches of delays. Ensure a parent/carer is available to collect you, stay in the gym if your parent/carer is not there at pick-up time and inform your coach.

5 Being SENSIBLE. Walk around the gym. Remove chewing gum/food before training. Be honest at the tuck shop. Keep mobile phones in bags or in the designated box.

6 Dressing appropriately; tie hair back, remove jewellery and piercings (Refer to BG Body Adornments Policy)

7 COMMUNICATING with coaches. Inform coaches of any injuries, illness, holidays.

8 Being SAFE. Speak out when something isn't right; talk to a coach or welfare officer if you have a problem.

### **REWARDS AND SANCTIONS**

Rewards;

Gymmagic has a range of rewards dependant on the age and group of gymnast. Younger gymnasts love stickers for hard work and there is a range of certificates given for hard work, skill development, progress and attainment. Older gymnasts enjoy the 'gymnast of the week' trophies.

Sanctions;

We do expect all our gymnasts to follow the requests set out in this code of conduct. If any gymnast contradicts these expected behaviours we will address the problem in the following 3-STEP way;

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STEP 1

STEP 2

STEP 3

First verbal warning to gymnast on first instance of a breach

Second verbal warning to gymnast and parent informed of the breach

Third breach and a meeting between a Gym magic staff member, gymnast and parent. We hope with parental involvement that any issues can be resolved quickly. However, if issues continue after this involvement and negative behaviours occur, we may regrettably ask a gymnast to leave the club permanently. Our aim is to resolve issues at step 2.