



## City of Worcester Gymnastics Code of Conduct for Gymnasts (age 12+) years).

In addition to adhering to and following all procedures contained within City of Worcester Gymnastics Club code of ethics (Appendix 1) that is applicable to all people bound by this policy, this specific code of conduct has been developed for all gymnasts.

The Gymnast code of conduct includes the standards of behaviour and conduct expected of all gymnasts representing City of Worcester Gymnastics Club.

### **General Principles**

- a) Abide by the rules, policies and procedures of City of Worcester Gymnastics Club and British Gymnastics/Home Countries. You will find more information on our club website.
- b) Try your best! - Remember that honest effort is just as important as winning.
- c) Enjoy yourself – Gymnastics is always meant to be fun!

### **Expectations**

- a) Anticipate and be responsible for your own needs, including being organised and having the appropriate equipment ready for each of your sessions.
- b) Arrive on time for every session – if you're running late, let City of Worcester Gymnastics Club know.
- c) Do not enter the gymnastics area unless a coach/instructor or staff member permits you to do so.
- d) Ensure you are appropriately dressed for class in line with our clothing guidelines (nothing baggy and loose)
- e) Look after our gym and equipment like it was your own.
- f) Actively support all efforts to create a child safe culture and report any form of misconduct or inappropriate behaviour/treatment to City of Worcester Gymnastics Club staff member
- g) Report any accidents or injuries to the coach/instructor and appropriate staff and parents to ensure appropriate actions can be taken.

### **Behaviour**

- a) You recognise that, as a gymnast within the City of Worcester Gymnastics Club programme, your conduct and behaviour will reflect on us, the sport and our partners. Accordingly, you agree to always conduct yourself in a proper manner, including respecting the age of other peer groups in your training environment.
- b) Keep yourself safe by listening to your coach/instructor, behave responsibly and speak out when something isn't right.
- c) Do not touch or use other individuals' property at City of Worcester Gymnastics Club or at any gymnastics events without permission.
- d) Co-operate with coaches/instructors, team managers, doctors, physiotherapists, sport scientists, and communicate necessary information to the sport governing body.
- e) Never encourage or condone fellow gymnasts to violate the rules of the sport and report any violations appropriately
- f) No alcohol is to be brought or consumed at City of Worcester Gymnastics Club programming (including trip accommodation, external competition venues and team activities)
- g) Abstain from the use of alcohol, illegal substances and performance enhancing drugs and abide by British Gymnastics Anti Doping Policy.
- h) Develop an appropriate working relationship with coaches/instructors/officials/staff members based on mutual trust and respect.

### **Respect and Sportsmanship**



- a) Treat all members fairly within our club, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, and other conditions.
- b) Treat all coaches/instructors/officials/staff members with respect and dignity, value their worth and treat everyone equally, recognising their needs and abilities, and contribution to the team.
- c) Ensure good sportsmanship is continuously displayed in all situations and to all individuals.
- d) Respect decisions made by management, coaches/instructors, officials and judges both internally and externally to City of Worcester Gymnastics Club.
- e) Do not criticise judges or officials – express all concerns to your coach/instructor.
- f) Accept all scores and decisions with good grace and good sportsmanship.

### **Online Activity**

- a) Agree to abide by City of Worcester Gymnastics Club social media Policy.
- b) Ensure any photographs/videos taken are for personal and family use only and must not be placed in the public domain. This includes publication on the internet: for example, on sites such as YouTube and on social networking sites such as Facebook unless in access-restricted areas.
- c) Agree not to send abusive or threatening emails, texts, voicemails or other written communications (including social media) to anyone within or associated with City of Worcester Gymnastics Club.
- d) Agree not to use defamatory, offensive or derogatory comments regarding the City of Worcester Gymnastics Club any of the athletes/parents/coaches/instructors or staff on Facebook or other social media sites.
- e) Do not engage in any filming, recording, photography or use of mobile phones in changing rooms at City of Worcester Gymnastics Club or any gymnastics event where permission is not granted.

### **By signing this document, you are agreeing to the following terms:**

- 1. I agree to abide by the City of Worcester Gymnastics Club. Gymnasts code of conduct.
- 2. I acknowledge that the City of Worcester Gymnastics Club trustees may take disciplinary action against me, if I breach the Gymnasts code of conduct.
- 3. I acknowledge that disciplinary action against me may include suspension of my City of Worcester Gymnastics Club session place.

**Gymnast Name:** \_\_\_\_\_

**Signature of Gymnast:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_

