

## Gymnasts Code of Conduct

September 2018

As a member of Witham Hill Gymnastics club, I agree to the following:

Before a session I will:

- Go to the toilet before my session starts
- Follow the club dress code:

Recreational Girls - Leotard (plus shorts optional)

Recreational Boys – Leotard and longs/shorts OR t-shirt and shorts

Squad gymnasts – see Squad members handbook

*Long hair must be tied back, and no hair should cover the eyes when head is tipped forward.  
NO make-up, NO jewellery (Newly pierced ears can be taped for the first 6 weeks. Tape is not provided by the club)*

- Register at Reception when I arrive
- Leave my drink bottle in the drink holders outside the changing rooms.
- Leave my belongings with my parent/ carer or put them in a bag that can be fastened. I will hang my bag up or place it on a bench, not on the floor where it could be tripped over or accidentally moved.
- Not touch another gymnast's belongings.
- Tell my coach straight away if I notice a problem in the changing rooms before, during or at the end of a session.

During a session I will:

- Tell my coach if I have an injury or feel unwell
- Not swear
- Listen to my coach and not interrupt them when they are talking or when they are supporting another gymnast
- Wait my turn, not push into a line or practice moves whilst lining up
- WALK around the gym carefully
- Not eat or chew gum in the gym
- Tell my coach straight away if there is a problem in the gym
- Be a good team mate to my fellow gymnasts, no name calling or ignoring others.
- Understand that my coach will sometimes need to support me by holding me, lifting me or moving my body position.

At the end of a session I will:

- Stay on the gymnastics club premises until my parent/carers arrives
- Take all of my belongings with me, including my drink bottle

## Parent/ Club Partnership Agreement

September 2018

As the parent/carer of a gymnast at Witham Hill Gymnastics Club, I agree to the following:

I will:

- Ensure that my child understands the gymnasts code of conduct and adheres to it
- Bring my child into the building no later than 5 minutes before their session starts, make sure that they sign in at the Reception desk and remain in the reception area until they have entered the gym.
- Ensure that my child is dressed appropriately (see gymnasts code of conduct) and keep their belongings with me or provide them with a bag to fasten belongings into.
- Encourage my child to go the toilet before their session
- Not smoke or use foul/ disrespectful language within the club or its grounds
- Inform the club via text/email if my child is unable to attend for more than 3 sessions in a row. (Squad parents please see the absence policy in the squad handbook)  
*Please DO NOT use social media to contact the club*
- Inform the club of any injury, medical condition, special educational need or change in personal circumstance that may affect my child's attendance, ability to train or that may require their training to be adapted.
- Discuss any concerns regarding the club or my child's training by contacting Jamie Saunders, Head Coach on [Info@withamhillgymnastics.com](mailto:Info@withamhillgymnastics.com) to arrange a parent/coach meeting.  
If an issue cannot be resolved or is not related to a child's training, it may be passed to our welfare team who can be contacted at [welfare@withamhillgymnastics.com](mailto:welfare@withamhillgymnastics.com)  
*Please DO NOT use social media to voice concerns*
- Give one months' notice if my child intends to leave the club
- Support my child's involvement and help them to enjoy their sport by:
  - Not forcing them to take part
  - Not punishing/belittling my child for poor performance/ making mistakes
  - Focusing on good effort/ performance, not just results
  - Demonstrating good sportsmanship, applauding the good performance and efforts of all gymnasts
  - Not publicly challenging the decisions made my coaches or by officials at competitions
  - supporting the club by participating in fundraising activities when possible

- Abide by the café rules:
  - No standing/sitting in walkways or near fire doors
  - Please do not move chairs away from tables
  - Support the club by purchasing food and drink from the café rather than bringing food from home
  - Do not distract gymnasts/ coaches by waving or trying to communicate through windows
  - No photography or video is to be taken

Signed:\_\_\_\_\_ (Parent/guardian) Date:\_\_\_\_\_

*Club policies can be found online and in a folder on the Reception desk*

I have read the club policies.

Signed:\_\_\_\_\_ (Parent/guardian) Date:\_\_\_\_\_