

Gymnasts Code of Conduct

The club is fully committed to safeguarding and promoting a safe environment for all our gymnasts. The club believes that it is important that gymnasts, coaches, volunteers and parents associated with the club should at all times, show respect and understanding for the safety and welfare of others. Therefore, gymnasts and parents are encouraged to be open at all times and share any concerns that they may have about any aspect of the club the Head Coach or Club Welfare Officer.

As a member of the club, you are expected to abide by the following rules:

- Gymnasts must wear suitable attire for training and any events that they attend. All long hair must be tied back, and all body jewellery must be removed in accordance with the R.A.C.E Dress Policy. If jewellery cannot be removed a gymnast cannot participate, unless previously agreed with the Lead Coach.
- Gymnasts must inform the Lead Coach of the nature of any injuries or illness they may have before the warm-up begins.
- Gymnasts should not eat or chew gum during the session.
- Gymnasts should keep to their agreed timings for training and inform their coach if they are going to be late or not attending the session.
- Gymnasts must not use bad language and are expected to always maintain a good standard of behaviour.
- Gymnasts must treat all equipment with respect and not climb upon or use any equipment unless instructed to do so by a coach.
- Gymnasts must follow the instructions of the coach at all times.
- All gymnasts must participate within the rules and respect coaches and volunteers and their decisions.
- All gymnasts must respect their opponents and fellow club members.
- Gymnasts must not smoke, consume or take or be under the influence of alcohol or drugs of any kind when training or representing the club.

- Gymnasts under the age of 14 should remain with coaches at the end of a session until collected by their parents or guardian, unless parental consent has been given for walking home unaccompanied.
- Gymnasts must not leave the gymnasium or sports hall without the permission of their coach.
- All digital devices are banned from use during attendance within the gymnasium.
- Rebound Aerial Centres of Excellence Ltd reserves the right to remove from training any gymnasts, who does not adhere to the rules or who is seen to compromise their own or others safety.

