

Thames Gymsports Code of Conduct



Parents and gymnasts are asked to support these rules and expectations of the club and coaches.

If you have concerns please contact the Club (email: thamesgymsports@gmail.com)

Gymnasts Code Of Conduct:

- Respect, courtesy and good sportsmanship is always expected. Treat others as you would like to be treated.
- Gymnasts are to listen to the instructions of their coach and follow the instructions given.
- Gymnasts may not use any equipment unless permission has been given to them by their coach.
- Do not use equipment that has not got the appropriate safety mats or is not designed or intended for your session.
- During the session, you must not leave without the permission of your coach.
- Cooperate with your coach and fellow gymnasts.
- Train for the "fun of it" and not just to please parents or coaches.
- Disrespect or failure to comply with instructions will result in immediate loss of the privilege of participation and the gymnast will be asked to sit out.
- While waiting for their class, gymnasts must show respect for the class in session by staying in the foyer or upstairs and not straying out to the gym floor or using the equipment.
- Visitor's (including caregivers and siblings) are not permitted to enter the gym floor or use the equipment unless invited by the Head Coach or are assisting with the session. This is a safety rule.

Coaches & Parent Volunteers Code Of Conduct:

- Respect, courtesy and good sportsmanship is always expected.
- Be respectful with your language. Verbal abuse or being overly critical is not acceptable behaviour.
- Be a positive role model, and act in a way that projects a positive image of coaching.
- Be aware of the role of the coach as an educator. As well as imparting knowledge and skills, promote desirable personal and social behaviours, and never tolerate acts of aggression.
- Whenever possible group gymnasts according to skills and physical maturity.
- Ensure the activities are appropriate to the ability and experience of those that are taking part, and ensure that all gymnasts are suitably prepared mentally and physically when learning new skills.
- Be reasonable in your demands on young gymnast's time, energy, and enthusiasm. Treat all gymnasts fairly.
- Remember that children participate for fun and enjoyment. Never ridicule children for making mistakes or taking too long.
- Encourage gymnasts to obey the rules and code of conduct.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the gymnasts training.

Last Reviewed:

Review Date: January 2022

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