



## *Code of Conduct for participants*

We are fully committed to safeguarding and promoting the well being of all our members. Hawth Gymnastic believes it is important that members, coaches, administrators and parents should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with the Welfare Officer or Head Coach.

If any rules are broken, a suspension will be considered as a form of punishment.

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

- All members must participate within the rules and respect coaches, judges and their decisions.
- All members should treat fellow participants in a way you would expect to be treated yourself.
- All members must respect the opinions of fellow club members.
- All members should demonstrate good sportsmanship and applaud the good performance of ALL others.
- Members should keep to agreed timings for training and competitions or inform their coach, if they are going to be late.
- Members must wear suitable attire for training and events as agreed with the coach. Keep all long hair tied back.
- All body jewellery must be removed during training, competitions and other events.
- Fingernails should be kept to an acceptable length as not to scratch or harm the coach or other participants during training.
- Members must pay any fees for training or events promptly.
- Members must not smoke, consume alcohol or take drugs of any kind whilst training or representing the club at competitions or other events.
- Members should treat all equipment with respect.
- Members must inform the head coach of any injuries or illness they may have before the warm-up begins.
- Members should not eat or chew gum during a session.
- Members must not use bad language.
- Members should remain with coaches at the end of a session until collected by their parent or guardian. You are considered a child by the law until your eighteenth birthday.
- Members' mobile phones should be switched off or silenced during training sessions, competition and other related events.
- Members must abide by the club's anti-bullying policies.
- Members must report any bullying to the coach or Welfare Officer.
- If members observe behaviour in any other club member (including coaches) that makes them feel unhappy or uneasy, they should report it to the club's Welfare Officer or Head Coach.

- Members should work hard and try their best while training.

## ***SECOND CODE OF CONDUCT***

### ***For Participants, written by the Participants (gymnasts)***

- Well mannered / behaved (everyone)
- Train to the best of your ability
- Arrive 5 – 10 before the start of lesson
- Have had a suitable / adequate meal / snack before training
- Be well prepared and have all equipment with you for the lesson
- When equipment needs moving everyone should get involved and help
- No fizzy drinks
- If anyone has a problem tell someone who you trust
- Be sensible at all times
- Keep negative comments to yourself
- If you think you are being treated unfairly by any member of the club, tell someone
- No bullying, teasing or name calling
- Be kind to each other

### ***Health & Safety***

Hawth Gymnastics is committed to ensuring our gym is as safe as possible for all our members at all times. Here are some specific things you should be aware of.

- The Gymnastics Hall is full of equipment and changes in level due to matting and landing areas. Please tread carefully when moving around the gym. Where possible, avoid stepping over or on equipment. REMEMBER: “The shortest route is not always the safest”.