



## GYMNAST CODE OF CONDUCT

Cornwall Gymnastics Centre is fully committed to safe-guarding and promoting the well-being of all its members and ensuring that the gym club is a place where everyone can enjoy themselves and reach their full potential. We have a code of conduct to ensure that all gymnasts, coaches, administrators and parents know what is expected of them in order to ensure the safety and welfare of everyone.

As a member of CGC, all gymnasts are expected to:

- Participate within the rules and respect coaches, judges and their decisions.
- Train with a positive attitude and always be kind towards others.
- Listen to their coach and concentrate in lessons.
- Respect, support and encourage their opponents and fellow club members - bullying of any kind will NOT be tolerated.
- Arrive 5 minutes before the session begins ready for a prompt start.
- Register at reception before entering the gym.
- Keep to agreed timings for training and competitions and inform their coach in advance if they are expecting to be late.
- Refrain from smoking, consuming alcohol, taking drugs or chewing gum whilst on club premises or when representing the club at competitions or other events.
- Treat all equipment and with respect and ensure that any rubbish is taken home or placed in the bins provided.
- Inform their coach of any injuries or illness they may have before the warm-up begins.
- Remain with their parent/guardian until class begins. Children are only in CGC's care once they have registered for their class and been permitted entry to the gym.
- Remain with coaches at the end of a session until collected by their parent/guardian and never leave a session without informing the coach.
- Be open at all times and share any concerns or complaints that they may have about any aspect of the club to ensure that all members are safe, happy and well.
- Ensure that they are dressed and prepared appropriately for exercising safely:
  - Neat and tidy hair. Long fringes to be clipped back, out of eyes and long hair to be tied up in a bun to avoid injury.
  - All jewellery removed before entering the gym.
  - Wear a CGC t-shirt or CGC leotard with fitted leggings or shorts in black, grey, white or CGC colours -yellow, orange or burgundy. A t-shirt for new members is acceptable.
  - In cold weather wear a warm jumper to warm up in and a pair of socks with grippy soles.
  - Do not wear baggy joggers or jeans or T-shirts with zips, buttons, pockets or crop tops as they are not appropriate/safe for training in.