



Gymnasts Code of Conduct

Islwyn Gymnastics Club
islwyngc@outlook.com
www.islwyngc.co.uk

Islwyn Gymnastics Club (IGC) Gymnasts Code of Conduct

IGC is a place where gymnasts can come and have fun, learn the fantastic sport of gymnastics without having to deal with any discrimination, harassment or bullying. This code of conduct is the underlying set of rules that you, as a gymnast must always adhere to. If you do not adhere to these rules you may be asked to leave IGC and play no further part in Gymnastics at IGC.

We are fully committed to safeguarding and promoting the well-being of all our members. The club believes it is important that members, coaches, administrators and parents associated with the club 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.

As a gymnast of Islwyn Gymnastics Club, you are expected to abide by the following club rules:

- All members must participate within the rules and respect coaches, judges and their decisions and instructions. IGC reserve the right to withdraw any gymnast from a competition, including during the competition if the coach/coaches believe the gymnast is either not physically or mentally ready to compete. IGC will not compete any gymnast who can not perform the skills required safely.
- Gymnasts should respect each other. No name calling, swearing, intimidation, physical harm is acceptable. This also includes anything else that can be considered disrespectful or upsetting towards another gymnast, staff, volunteers or parents/guardians.
- Gymnasts should arrive on time for training. This is at least 10 minutes before the warm up starts.
- Attendance to training sessions is compulsory for squad members only.
- If any gymnast at IGC will not be attending either recreational classes or Squad training a coach should be informed.
- Correct clothing should be worn always – for Recreational gymnast's shorts/leggings with a t-shirt is acceptable however a leotard is **strongly** recommended
- For all any IGC Squad gymnast a leotard is **compulsory** for all training sessions, gym shoes, ¾ sports leggings and gymnastics shorts are optional. T-shirts may only be worn with the permission of a coach.



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- Socks must be removed unless gym shoes are worn.
- If you have a verruca you must wear a medical verruca sock.
- Keep all long hair tied back. Remove all body jewellery. This includes stud earrings.
- Gymnasts should treat all equipment with respect.
- Gymnasts (or parents) must inform the head coach of any injuries or illness they may have **before** the warm-up begins.
- Chewing gum cannot be eaten in the Gymnasium, food can only be consumed in designated areas.
- Gymnasts must not use bad or foul language.
- Gymnasts should remain with coaches at the end of a session until collected by their parent or guardian.
- Adopt and use daily our core values.
- Members must not smoke, consume alcohol or take drugs of any kind whilst representing IGC at competitions or other events, this is also extended to within the IGC facility.
- All members must respect and show good sportsmanship to opponents and other club members.
- Members must pay any fees for training or events promptly.
- To train and compete to the best of their ability.
- **IGC operate a zero tolerance on Bullying, should you be found bullying then your membership will be terminated immediately.**
- **AND HAVE FUN!!!!**

Gymnasts that break this code of conduct will be dealt with in the following steps:

- Verbal warning
- Phone call home
- Gymnast asked to leave the class and be collected by parents/guardians
- Letter sent to parents/guardians
- Gymnast moved down a group or withdrawn from squad completely
- Membership terminated