**LOGO.jpg Gymnastics With Nikki**

**Code of Conduct**

**GYMNASTS**

* Gymnasts should turn up on time for training and competitions or inform their coach if they are going to be late.
* Gymnasts must wear suitable attire for training and events as agreed with the coach. Long hair should be tied back and all jewellery and body piercing must be removed.
* For their own safety, gymnasts should follow the coaches instructions at all times.
* Gymnasts must inform the coach of any injuries or illness before commencing the warm up.
* Gymnasts must not climb upon or use equipment unless instructed to do so by the coach. All equipment should be treated with respect.
* Gymnasts should not eat or chew gum during the session.
* All gymnasts are expected to maintain a high standard of behaviour at all times including when representing the club at competitions. Foul and abusive language will not be tolerated.
* Gymnasts must not leave the gymnastics centre at any time without the coaches permission.
* Gymnasts are responsible for all personal belongings.
* Failure to attend training sessions on a regular basis without good reason and/or notification may result in the gymnast losing their place.
* All gymnasts must be respectful and courteous to gymnasts, coaches, competition officials and opponents.

**LOGO.jpg Gymnastics With Nikki**

**Code of Conduct**

**PARENTS**

* Encourage your child to learn the rules and participate with them.
* Discourage challenging / arguing with officials or coaches.
* Publicly accept coaches and officials' judgements.
* Help your child to recognise good performance, not just results.
* Set a good example by recognising good sportsmanship and applauding the good performances of all.
* Never force your child to take part in sport.
* Always ensure your child is dressed appropriately for the activity.
* Keep the club informed if your child is ill or unable to attend sessions.
* Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
* Share any concerns or complaints about any aspect of the club through the approved channels ie: the Head Coach Nikki Miller.
* Use correct and proper language at all times.
* Never punish or belittle a child for poor performance or making mistakes.
* Ensure prompt payment is made of fees.
* Parents of children watching the session should try to keep the noise at a low level as young children find it hard to concentrate when they are easily distracted and unable to hear their coach give instruction.
* If parents wish to discuss any aspect of training with the coach please feel free to speak to Nikki Miller at a mutually convenient time.
* Always collect your child promptly at the end of the session. If your child is being collected by someone who does not normally pick them up, please make sure the coach in charge of the session is aware of this.
* Support your child's involvement and help them enjoy the sport.

**LOGO.jpg Gymnastics With Nikki**

**Code of Conduct**

**COACHES**

**Protecting the Rights of the Gymnast**

**Coaches must respect the rights of every individual to participate in gymnastics. This includes...**

* Providing an environment in which children are free from fear or harassment.
* Recognising the rights of performers to be treated as individuals.
* Encouraging performers to confer with other coaches if the need arises, and encouraging them to move on as their ability increases, even if this means moving to a new coach.
* Promoting the concept of a well balanced lifestyle for performers both within and outside of gymnastics.

**The Relationship with the Gymnast**

**Coaches must develop a relationship with the gymnasts in their care based on openness, honesty, mutual trust, and respect. This includes...**

* Always being publicly open when working with gymnasts. Situations where a coach is working alone and unobserved with an individual should be avoided.
* Taking care when providing manual support, only BG advised techniques for spotting and handling should be used.
* If a group of gymnasts need to be supervised in the changing rooms coaches should supervise in pairs.
* Coaches should never take a gymnast home with them, or to any other secluded place. Similarly, coaches should avoid transporting gymnasts, or where the need arises explicit permission from the parent/guardian should be sought and the coach should try to take more than one child and where possible another adult.
* Never engaging in rough or sexually provocative games.
* Never making suggestive remarks to a member - even in fun.
* Do things of a personal nature for a child that they can do for themselves, this includes assisting them in changing rooms or toilets.
* Sharing a bedroom with an individual gymnast on overnight excursions - in this instance coaches should supervise in pairs where possible supervising *groups* of children.
* The coach should at all times be concerned for the safety, well-being, protection and future of the gymnast.

**Responsibilities - Personal Standards**

**Coaches must demonstrate proper personal behaviour and conduct at all times. This includes...**

* Whilst representing the club coaches should wear club uniform and be of a clean and tidy appearance.
* Coaches should maintain good time keeping.
* Coaches should use correct and proper language at all times.
* Coaches should attend full training sessions including warm-up periods.

**Responsibilities - Professional Standards**

**To maximise benefits and minimise the risks to gymnasts, coaches must attain a high level of competence through qualifications and a commitment to ongoing training that ensures safe and correct practice. This includes...**

* Coaches must not miss-represent their qualifications, affiliations or professional competence to the club, club members, or any form of the media.
* Coaches have a professional obligation to the gymnasts to treat all allegations or suspicions of abuse seriously and with the utmost discretion. The first point of contact for any matters relating to this is the club child protection and welfare officer Karen Rustamova or Nikki Miller.
* Coaches should not publicly criticise fellow coaches or other clubs in any branch of the media or to club members or parents.
* Any conflict between coaches should take place in private, not in front of members. Any disagreements that cannot be satisfactorily resolved through discussion and compromise should be reported to the head coach at the first available opportunity.
* All matters concerning the business of the gym club should be kept confidential at all times.
* Coaches must not divulge any confidential information relating to a gymnast, member, or fellow coach to any third party without the explicit permission of that person or their parent/guardian.
* All coaches have a professional duty of care that includes a responsibility to ensure all equipment is safe to use, suitable for the purpose of the exercise and appropriate for the ability level of the gymnasts participating.
* The duty of care extends to include an obligation to record any incidents or accidents and bring them to the attention of the head coach in charge who will record the incident.
* Coaches must discourage unsafe and inappropriate behaviour at all times.
* Equipment should be stored safely and in the appropriate places after every session.