

PARTICIPANT CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary action.

- P:1 All gymnasts must demonstrate respect to all coaches/ leaders and their decisions.
- P:2 All gymnasts must respect opponents / team mates.
- P:3 Gymnasts should keep to agreed timings for training or inform their coach if they are going to be late, or have to leave early. *(Coaches reserve the right to refuse entry)*
- P:4 Gymnasts must wear suitable attire for training, i.e. leotards, shorts, leggings etc
and
- P:4:1 Keep hair longer than chin tied back
 - P:4:2 Remove all jewellery, watches, etc.
 - P:4:3 Remove or cover all piercings
 - P:4:4 No jeans or clothes with clips and buckles on
 - P:4:5 Bare feet, verruca's/ athlete's foot must be covered until completely cured. *(i.e. gym shoes, plasters)*
- P:5 Gymnasts should ensure they have been to the toilet before commencing training sessions.
- P:6 All gymnasts under 7yrs must have a parent/ guardian on site in case they need the toilet.
- P:7 Coaches must be informed of any injuries or illness that may affect the training session.
- P:8 Those who do not participate correctly in their session warm up will not be able to train until the coaches feel satisfied that sufficient warm up is completed.
- P:9 Participants should not consume any food products during a session/ in the gym.
- P:10 Gymnasts should remain with coaches at the end of a session until collected by their parent or guardian.
- P:11 Fees must be submitted by the set deadline date.
- P:12 All participants must pay the annual club membership fee, regardless of their start time. This is always due by September.

COACHES / HELPERS CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary action.

- C:1 It must be remembered that a coach/ helper is in a position of trust and is a role model to the gymnasts and younger coaches; this duty of care must not be abused.
- C:2 All coaches/ helpers must demonstrate respect to all lead coaches and management committee decisions.
- C:3 Coaches/ helpers must wear suitable attire whilst coaching, including the appropriate Revolution branded clothes. Coaches/ helpers will be expected to
- C:3:1 Arrive to sessions on time, prior to session start time as outlined in the job description.*
 - C:3:2 Commit to helping to tidy up after the session and for debriefing.*
 - C:3:3 Use appropriate language.*
 - C:3:4 Have a professional attitude with a 'gymnasts centred' approach whilst on duty.*
 - C:3:5 Keep long hair tied back.*
 - C:3:6 Remove all jewellery, watches, etc.*
 - C:3:7 Remove/ cover all piercings.*
 - C:3:8 No jeans or clothes with clips and buckles.*
- C:4 Coaches must not show favouritism towards participants due to performance or personal preference.
- C:5 Coaches must consider the quality of development and safety of participants at all times during sessions and plans.
- C:6 Demonstrate an appropriate working relationship with all participants/ coaches.
- C:6:1 Never personally contact a gymnast under 18yrs, using social media, phone or email. (refer to the communication welfare policy).*
 - C:6:2 Never place yourself in a vulnerable situation or position with just yourself and a gymnast.*
- C:7 Hold the appropriate, valid qualifications, current CRB status and insurance cover for the level of skills you are coaching.
- C:8 Coaching quality should not be compromised due to the affects of alcohol. Never consume alcohol immediately before or during training/ events. Coaching
- C:9 Encourage gymnasts to value the quality of their performance and not just the degree of difficulty and results.
- C:10 Must not demonstrate incidents of slander towards the club, coaches, participants and or any other clubs.
- C:11 All welfare, club issues etc, must be kept confidential and only be discussed with the relevant club officers.

PARENT / GUARDIAN CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary action.

- PG:1 Parents/ guardians are not allowed into the training hall when a session is taking place; viewing areas must be used during this time.
- PG:2 Parents/ guardians must refrain from communicating with coaches/ helpers and participants during training sessions.
- PG:3 PROFESSIONAL COMMUNICATION
PG:3:1 Any concerns must be directed to the relevant parent representative.
PG:3:2 Complaints must be emailed to the management committee
- PG:5 It is strongly advised that all parents/ guardians do not coach their child after sessions. This is to reduce coaching conflict, safety hazards and so participants do not feel over pressured to perform.
- PG:6 Notify the club of changes to any personal information, i.e. contact info.
- PG:7 Please make sure that appropriate language/ behaviour is used at all times whilst around other club members.
- PG:8 Ensure your child (under 16yrs) is collected promptly at the end of a session from the gymnasium doors. Please notify session coaches in writing if other arrangements are in place.
- PG:9 All gymnasts under 7yrs must have a parent/ guardian on site in case they need the toilet.
- PG:10 Must not demonstrate incidents of slander towards the club, coaches, participants or any other clubs.

EVENT / COMPETITION CODE OF CONDUCT

Breach of any of these rules will lead to disciplinary action.

- E:1 Event fees must be submitted by the stated deadline date, failure to do so will result in no participation or disciplinary action. *For elite gymnasts – they will be automatically entered into competitive events as part of their training programme, though disciplinary action will be taken if entry fees are submitted late.*
- E:1 Competing gymnasts are expected to attend all outlined sessions prior to the event. Coaches reserve the right to withdraw a gymnast from competition if they feel he/ she is underprepared or has not shown the correct level of commitment.
- E:2 Club attire must be purchased and worn to all competitive events.
- E:3 Gymnast's competition presentation:
- suitable hair (tied back if longer than chin)
 - NO jewellery
 - NO nail varnish
 - NO shorts (if 13yrs & under) / NO personal embellishments
- E:4 Competition judges will penalise gymnasts if underwear can be seen. Please try and prevent this from occurring.
- E:5 Parents / guardians and gymnasts must not approach judges, officials, coaches or other gymnasts during the competition. Any concerns must be brought up with the relevant coach or parent representative when suitable.
- E:6 Gymnasts must arrive half an hour before their allotted time to warm up, as competition organisers have the right to run early. Please make efforts to inform coaches or a parent rep if you are running late.
- E:7 Gymnasts must not enter the warm up area or go onto the competition floor unless it is their allotted time or have been instructed to do so by coaches or officials.
- E:8 Try and sit with other club members in the audience so it is easy for the coaching team to locate gymnasts and to gain maximum support and cheers.
- E:9 Please cheer all club competitors at competitions and do not show un-sportsmanlike behaviour.