

# Code of Conduct for all Recreational Gymnasts

We ask that you discuss this Code of Conduct with your gymnast(s) and explain anything they don't understand.

## 1. I will respect my coaches, my club and all the equipment

- 1.1 I will arrive on time, ready to participate in the session.
- 1.2 I will use the toilet before the session begins.
- 1.3 I will wear my Starbound uniform and bring everything I need with me to the session.  
(See *Code of Dress for further information*).
- 1.4 I will never speak or act rudely towards my coaches or any other staff/volunteers.
- 1.5 I will not eat during a session unless it is a designated lunch/snack break or for medical reasons.
- 1.6 I will look after the equipment in the gym.

## 2. I will try my best

- 2.1 I will try my best to be organised and ready for my session.
  - Dressed appropriately.
  - Long hair tied up.
  - Jewellery removed. (See *Code of Dress on page 6*).
  - Have everything I need with me, including a drink.
- 2.2 I will try my best to listen to instructions.
- 2.3 I will try my best to achieve my skills and try to stay positive even if it is hard work and I am struggling.
- 2.4 I will be a good role model for other children in the class.

## 3. I will communicate

- 3.1 I will ask questions if I don't understand.
- 3.2 I will tell my coach if I am scared or upset.
- 3.3 I will tell my coach if I am hurt.

## 4. I will follow the rules below which are in place to keep me safe

- 4.1 I will not enter the gym until a coach says I can.
- 4.2 I will not use the equipment or run around the gym floor unless it is part of the session and I have permission from the coach to do so.
- 4.3 I will not attend my session if I feel poorly or if I am injured.
- 4.4 I will not leave the gym during the session without permission or supervision from a coach.
- 4.5 I will not leave the gym at the end of a session without my parent/guardian.