

Parent/Carer Code of Conduct

All parents are members of Bedwas Gymnastics Club through their child and are expected to read and follow the Code of Conduct.

- ✦ All members are to be affiliated to Bedwas Gymnastics Club and British Gymnastics.
- ✦ Make sure your child arrives **5 minutes before** the class starts and that you collect them on time. Always come into reception to leave and collect your child.
- ✦ Make sure your child is wearing suitable clothing for doing gymnastics. Remove all jewellery and tie long hair back. **No** buttons, zips, denim or loose tops are allowed.
- ✦ Make sure your child always brings a drink, either water or squash. No fizzy drinks.
- ✦ Membership fees, training and competition fees must be paid on time.
- ✦ Do not enter the gym unless invited in by the Lead coach or a club official.
- ✦ Siblings are not allowed on the equipment at any time-they are not insured.
- ✦ **Make sure your child understands the Gymnasts Code of Conduct. We are an inclusive club and all members are treated equally, fairly and with respect. Encourage your child to do the same.**
- ✦ Encourage your child to follow the rules, to be polite and respectful to gymnasts, coaches and club officials. Bad language is not tolerated.
- ✦ Encourage your child to listen to their coach. Do not let your child be unpleasant to or argue with a gymnast, coach or club official.
- ✦ Show appreciation to coaches, volunteers and club officials for the work they do.
- ✦ Help your child to recognise good performance, not just good results, and to learn good sportsmanship. Teach them to congratulate and encourage all gymnasts.
- ✦ Be positive and encouraging even if your child makes a mistake. Help them to enjoy their gymnastics and never force them to take part in sport.
- ✦ **Keep the club informed if your child is ill or unable to attend. Keep children who are ill or contagious at home for 48hrs after they have fully recovered.**
- ✦ Be open at all times and share any concerns or complaints about any aspect of the club with either the Welfare Officers (welfare@bedwagymnastics.co.uk) or a club official.
- ✦ **Do not use social media in any way which would cause upset or distress to any individual at Bedwas Gymnastics club or to the club itself.**

Gymnasts Code of Conduct

All members of Bedwas Gymnastics Club are expected to follow the Code of Conduct

- ✦ All gymnasts are expected to behave and listen to the coaches at all times both in the gym and at competitions.
- ✦ All gymnasts must be respectful to the coaches, officials and other gymnasts.
- ✦ Encourage and support each other. Always be kind and polite.
- ✦ Be friendly and welcoming, especially to new members.
- ✦ Be supportive and offer comfort to other gymnasts when needed. Always use kind words and actions. Bad language or behaviour and unkind words are not allowed.
- ✦ Work hard, have fun, play fairly and enjoy gymnastics.
- ✦ Be a fair winner and good loser, everyone loses sometimes.
- ✦ Stay with the coaches at the end of a session until collected by your parent or carer.
- ✦ **Wear suitable clothes, tie back long hair and do not wear jewellery in the gym.**
- ✦ Look after all equipment and **stay off** the equipment until the session starts and **only** climb on the equipment when a coach has told you can.
- ✦ Tell the coach if you are unwell or suffering from any injury.
- ✦ Tell a coach when you are leaving the gym for any reason.
- ✦ Tell someone if anyone makes you feel unhappy.
- ✦ Do not get involved in any kind of bullying
- ✦ Do not use social media in a way which would make anyone upset or very sad
- ✦ Respect the rights, dignity and worth of all gymnasts, coaches and volunteers