

Gymnast code of conduct (+12 years of age)

The Gymnast code of conduct includes the standards of behaviour and conduct expected of all gymnasts representing **Milton Keynes Gymnastics**

General Principles

- a) Abide by the rules, policies and procedures of **Milton Keynes Gymnastics** and British Gymnastics/Home Countries.
- b) Try your best! - Remember that honest effort is just as important as winning.
- c) Enjoy yourself – Gymnastics is always meant to be fun!

Expectations

- a) Anticipate and be responsible for your own needs, including being organised and having the appropriate equipment ready for each of your sessions.
- b) Arrive on time for every session – if you're running late, let your **Milton Keynes Gymnastics** know.
- c) Do not enter the gymnastics area unless a coach/instructor or staff member permits you to do so.
- d) Ensure you are appropriately dressed for class in line with our Clothing Guidelines.
- e) Look after our gym and equipment like it was your own.
- f) Actively support all efforts to create a child safe culture and report any form of misconduct or inappropriate behaviour/treatment to **Milton Keynes Gymnastics** staff member
- g) Report any accidents or injuries to the coach/instructor and appropriate staff and parents to ensure appropriate actions can be taken.

Behaviour

- a) 3 Strike Rule due to behaviour within the session: When incident happens, Welfare/Manager will inform parent of gymnast. After the 3rd strike either dismiss from club depending on severity of incident or change group for the gymnast to keep gymnast within the sport.
- b) If major safeguarding incident there might be not the 3 strikes but suspension during investigation.
- c) You recognise that, as a gymnast within the **Milton Keynes Gymnastics** programme, your conduct and behaviour will reflect on us, the sport and our partners. Accordingly, you agree to always conduct yourself in a proper manner, including respecting the age of other peer groups in your training environment.
- d) Keep yourself safe by listening to your coach/instructor, behave responsibly and speak out when something isn't right.
- e) Do not touch or use other individuals' property at **Milton Keynes Gymnastics** or at any gymnastics events without permission.
- f) Co-operate with coaches/instructors, team managers, doctors, physiotherapists, sport scientists, and communicate necessary information to the sport governing body.

- g) Never encourage or condone fellow gymnasts to violate the rules of the sport and report any violations appropriately
- h) No alcohol is to be brought or consumed at **Milton Keynes Gymnastics** programming (including trip accommodation, external competition venues and team activities)
- i) Abstain from the use of alcohol, illegal substances and performance enhancing drugs and abide by British Gymnastics Anti Doping Policy.
- j) Develop an appropriate working relationship with coaches/instructors/officials/staff members based on mutual trust and respect.

Respect and Sportsmanship

- a) Treat all members fairly within our club, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, and other conditions.
- b) Treat all coaches/instructors/officials/staff members with respect and dignity, value their worth and treat everyone equally, recognising their needs and abilities, and contribution to the team.
- c) Ensure good sportsmanship is continuously displayed in all situations and to all individuals.
- d) Respect decisions made by management, coaches/instructors, officials and judges both internally and externally to **Milton Keynes Gymnastics**
- e) Do not criticise judges or officials – express all concerns to your coach/instructor.
- f) Accept all scores and decisions with good grace and good sportsmanship.

Online Activity

- a) Agree to abide by **Milton Keynes Gymnastics** social media Policy.
- b) Ensure any photographs/videos taken are for personal and family use only and must not be placed in the public domain. This includes publication on the internet: for example, on sites such as YouTube and on social networking sites such as Facebook unless in access-restricted areas.
- c) Agree not to send abusive or threatening emails, texts, voicemails or other written communications (including social media) to anyone within or associated with **Milton Keynes Gymnastics**.
- d) Agree not to use defamatory, offensive or derogatory comments regarding the **Milton Keynes Gymnastics** or any of the athletes/parents/coaches/instructors or staff on Facebook or other social media sites.
- e) Do not engage in any filming, recording, photography or use of mobile phones in changing rooms at **Milton Keynes Gymnastics** or any gymnastics event where permission is not granted.



Milton Keynes Gymnastics

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By signing this document, you are agreeing to the following terms:

1. I agree to abide by the **Milton Keynes Gymnastics** Gymnasts code of conduct.
2. I acknowledge that the **Milton Keynes Gymnastics** committee may take disciplinary action against me, if I breach the Gymnasts code of conduct.
3. I acknowledge that disciplinary action against me may include suspension of my **Milton Keynes Gymnastics** membership/session place.

Gymnast Name:

Signature of Gymnast: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____

Gymnast Code of Conduct (*Under 12years of age*)

In addition to adhering to and following all procedures contained within **Milton Keynes Gymnastics** code of ethics (Appendix 1) that is applicable to all people bound by this policy, this specific code of conduct has been developed for all gymnasts.

This code has been developed to provide young athletes with advice on the behaviour that is expected of them when attending and using the facilities of **Milton Keynes Gymnastics**

All gymnasts should:

- a) Respect all the rules and policies at **Milton Keynes Gymnastics** and British Gymnastics/Home Countries.
- b) Try your best! - Remember that honest effort is just as important as victory.
- c) Enjoy yourself – Gymnastics is always meant to be fun!
- d) Be friendly and supportive to other athletes.
- e) Participate and compete fairly.
- f) Be ready for every session.
- g) Ensure you are appropriately dressed for your session and have brought the right equipment with you.
- h) Look after our gym and equipment like it was your own.
- i) Respect the opinions of coaches/instructors, judges and staff.
- j) Keep yourself and others safe – always report inappropriate or unsafe behaviour to a trusted adult.
- k) Behave and listen to all instructions from your coach/instructor and other staff members.
- l) Always tell a coach/instructor if you are injured or sick.
- m) **Think about what you post online.** Remember that once it is out there it is out there for everyone.
- n) Respect and celebrate difference in our club and not discriminate against anyone else

All gymnasts should not:

- a) Enter the gymnastics area unless a coach/instructor or staff member permits you to do so.
- b) Bully anyone or pressure other gymnasts to do something they don't want to do.
- c) Use a mobile phone during training, at competition or in changing rooms.
- d) Use mobile phones or other electronic devices to undermine, put down or belittle other gymnasts, coaches/instructors or staff members.
- e) Use bad language or yell/abuse anyone.
- f) Take part in inappropriate or illegal behaviour.
- g) Carry or consume alcohol or illegal substances while training or competing in gymnastics.



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Behaviour:

- a) 3 Strike Rule due to behaviour within the session: When incident happens, Welfare/Manager will inform parent of gymnast. After the 3rd strike either dismiss from club depending on severity of incident or change group for the gymnast to keep gymnast within the sport.
- b) If major safeguarding incident there might be not the 3 strikes but suspension during investigation.

Gymnasts Name:

Signature of Gymnast: _____ **Date:** _____

Parent/carer Signature (if under 18): _____