



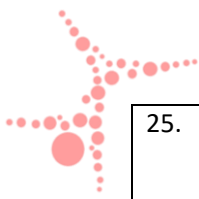
## SOUTHAMPTON GYMNASTICS CLUB'S CODE OF CONDUCT FOR SQUAD GYMNASTS

This code of conduct is in place to ensure that gymnasts understand the positive behaviour expected for safe practice, group unity and engagement for an overall positive approach to learning. It also supports a consistent approach to behaviour management by coaches and allows parents to understand the expected standards of approach in the gym for safe learning.

### BY THE GYMNASTS, FOR THE GYMNASTS

*Southampton Gymnastics Club give thanks to the many gymnasts across the squad groups who have contributed to all sections of the gymnast's Code of Conduct and its implementation guidance*

<b>BEFORE &amp; AFTER TRAINING</b>	
1.	Bring into the session enough water to ensure good hydration & all the personal training equipment you need
2.	Aim to arrive 5-10 minutes before session start; inform the coach if you are going to be late
3.	Wait sensibly in the waiting area until a coach arrives, being respectful towards other club users
4.	Place your belongings tidily in the correct area at the start of the session
5.	Phones and other personal communication or recording devices must stay in your bag & cannot be used during a session unless a coach gives individuals permission
6.	Do not leave the building until a parent or guardian is there to collect you
7.	Never leave the gym during training without informing the coach you are working with at the time
8.	Remove accessories such as jewellery and watches, if it cannot be removed then cover with tape
<b>TRAINING APPROACH, COMMUNICATION &amp; RESPECT</b>	
9.	Always try your best
10.	Follow coaches' instructions as best you can
11.	Communicate positively amongst your partners
12.	Be kind and respectful towards all gymnasts and coaches
13.	Hurtful, damaging, dangerous or other negative communication, such as the below will not be tolerated: <ul style="list-style-type: none"><li>• bullying, teasing, boasting, and name calling</li><li>• arguing with coaches or gymnasts</li><li>• gossiping or making negative comments about people in the gym</li><li>• openly expressing displeasure about people in the gym, if there is an issue raise this constructively with your coach, welfare officers or wellbeing</li><li>• shouting or making loud noises, unless these are needed for safety</li></ul>
14.	Make effort to deal with negative emotions, such as anger and frustration, in a constructive way; never let these emotions put the safety of other gymnasts at risk
15.	Respect others' rates of progress
16.	Respect the sport's rules and other clubs and competitors
17.	Respect the decisions of coaches, officials and judges
18.	Behave well at competitions and events, including at hotels, receptions, and parties
19.	Be aware and follow all rules associated with the behaviour expected by gymnasts at all club, regional, inter club, national and international events
20.	Club iPads must be used to record training and not personal devices. Any use of Bluetooth from the Club iPads must only be actioned by the Coach in Charge
<b>CLOTHING</b>	
21.	Wear clothing for training that meets BG requirements (no big fluffy socks, no oversized hoodies etc.)
22.	Follow BG and club clothing regulations at competitions and events
23.	In winter, warm up in warm clothing such as leggings, joggers, hoodies, tracksuit tops
24.	Hair must not obscure vision and long hair must be in a bun



25. Nails must be kept short; long nails are unsafe for yourself and your partners and as a consequence anyone attending with long nails will only be allowed to train as an individual and not with their partner/s
<b>USE OF THE GYM &amp; EQUIPMENT</b>
26. Follow any rules in place for areas in the gym, such as the trampoline, weights room & dance studio
27. Always ask a coach before using the trampoline or pit
28. Travel safely around the gym, at a safe speed and with awareness of other gymnasts
29. Ask before using or moving equipment that someone else is using
30. Look after the equipment & the gym, move equipment safely and help each other to do it
31. Put your own equipment away and leave the gym tidy & ready for other groups to use
32. Behave in a safe and sensible way in the gym, DO NOT: <ul style="list-style-type: none"> <li>• play games except when part of the session plan</li> <li>• play-fight, such as pushing, pulling, hitting &amp; kicking</li> <li>• climb on, or play with, equipment not in use or being used by others</li> </ul>

### DELIVERY OF THE CODE OF CONDUCT

#### Positive application of the Code of Conduct to reduce sanctions

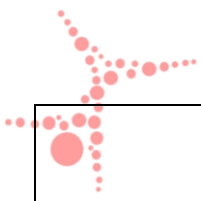
- Posters of the Code of Conduct are displayed as a helpful reminder
- If any gymnast is unsure of any of the code, please speak with a coach
- Gymnasts can support each other to understand why the code is in place (positive learning, safe training etc)
- When dealing with behavioural issues, coaches should establish if there are any circumstances as to why the behaviour is being displayed

A rewards system is in place to inspire positive training:

- a) **Stickers** - available for mini's, mini's advanced, preparation squad and squad one groups.  
*Age relevant and awarded to children for both social skills and gymnastics skill improvement*
- b) **Gymnast of the Month** - available to all squad groups; one certificate awarded per month per group  
*Awarded for any gymnastics skill, personal development improvement*
- c) **Celebration Bell** - available for all squads for gymnasts that achieve a skill and feel comfortable in showing it to all other gymnasts and being congratulated  
*Awarded for new skill achievement and to practice performance in front of others*

#### Sanctions

Stages	Follow Up	Examples of conduct that may result in either the stages being followed in order or direct to a level 1,2,3,4 or 5 sanction
<b>1. Caution/Warning</b> – At coaches' discretion – 1 off's  Coach asks gymnast to read the code and identify the conduct breach. Gymnast expected to return to training with a positive approach.	Coach informs all coaches within gymnast's group.	General disruptive behaviour that disallows the smooth running of the session: 1, Jumping around equipment without instruction 2, Generally not adhering instructions



		<p>for general safety –          running, overplaying etc          3, Inappropriate language          4, Swearing (upgraded if used at someone rather than in conversation)          5, Gesturing</p>
<p><b>2. Reflection – At coaches’ discretion</b>          5 minutes sit out followed by discussion to:          a) Find out if there is anything behind the behaviour that the coach needs to support/understand.          b) Make clear why the behaviour is disruptive for themselves, other gymnasts, coaches, &amp; the group as a whole, so that the gymnast can understand and give them the chance for change</p>	<ul style="list-style-type: none"> <li>- Coach informs all coaches within gymnast’s group.</li> <li>- Lead Coach informs parents if there is a need to escalate</li> </ul>	<ul style="list-style-type: none"> <li>- Continued disruptive behaviour following initial highlighting</li> <li>- Interruption to other partnerships</li> <li>- Bases not looking after the safety of their tops</li> <li>- Overheated arguments amongst partners</li> <li>- Gymnasts directly dismissing safety - going on trampoline without asking etc</li> <li>- Leaving the gym without permission</li> <li>- Not following instructions from coaches</li> <li>- Bullying (repeated instances or serious instances can be escalated)</li> </ul>
<p><b>3. Dismissal from session</b>          Parents will be notified as to the reason for the dismissal and arrangements made to discuss positive solutions – such as an agreed positive behaviour plan or suspension</p>	<ul style="list-style-type: none"> <li>- Coach informs parents</li> <li>- All coaches within gymnast’s group informed</li> <li>- Welfare informed</li> </ul>	<ul style="list-style-type: none"> <li>- Deliberately ignoring coaching instructions particularly for safety reasons</li> </ul>
<p><b>4. Suspension</b></p> <ul style="list-style-type: none"> <li>• Suspension from training for between one day and seven days</li> <li>• Lead Coach discusses with parent the reason for suspension</li> <li>• Lead Coach makes arrangements to discuss positive solutions – such as an agreed positive behaviour plan</li> </ul>	<ul style="list-style-type: none"> <li>- Lead Coach discusses with parent reasons for suspension</li> <li>- All coaches within gymnast’s group informed</li> <li>- Welfare involved</li> </ul>	<ul style="list-style-type: none"> <li>- Multiple instances of the above</li> <li>- Alcohol or drugs</li> <li>- Bringing the club into disrepute</li> <li>- Deliberate physical harm</li> <li>- Smoking/vaping</li> </ul>
<p><b>5. Removal from the club</b></p>	<ul style="list-style-type: none"> <li>- Management Committee</li> <li>- Welfare involved</li> </ul>	<ul style="list-style-type: none"> <li>- Repeated suspension behaviour</li> </ul>



## **ADDITIONAL GUIDANCE FOR POSITIVE SAFE LEARNING AND SPORTSMANSHIP**

- Be social, find time to speak with friends **before** or **after** the session
- Recognise that general daily progress and overcoming hurdles can be just as significant achievements as success in competition
- Recognise that engagement in the training process is what increases chances of personal progress and potential competitive success.
- If you are hurt or injured let your coach know
- If you are struggling in the session let your coach and partners know
- If there is a problem between partners, ask a coach for guidance
- Support and encourage your teammates

## **ATTENDANCE**

### **Requirements**

- The attendance rate must maintain a level that allows for the safe learning of skills and preparation towards competitions. Holiday patterns in summer, over the festive period and any other days off will be laid out in communication from the lead coaches. Accepting a place in the group requires acceptance of the need for this.
- The attendance rate for your squad group must be met to retain your place in the group. Circumstances such as injuries/illnesses will be considered
- In the unfortunate circumstance whereas attendance for whatever reason has not managed to be maintained, a partnership may be withdrawn from, or not entered, to a competition if your attendance does not allow for:
  - a) safe and effective preparation
  - b) consistency of elements required to be performed at the relevant level of competition
  - c) enough confidence to be built, matching the performance requirement of a particular event.

Safety takes precedence over any gymnast's, parent's or coach's desire to compete

### **Absence**

- Sporadic absence due to occasional illness, traffic or unexpected absence, must be notified to the Lead Coach prior to session start
- Any absences out with the published holidays (Summer, Festive Period and additional days off communicated) must be notified to the Lead Coach as early as possible so the coach can help the gymnast and parents understand the impact of the absence