

Gymnasts Code of Conduct

As a member of Witham Hill Gymnastics club, I agree to the following:

Before a session I will:

- Go to the toilet before my session starts
- Follow the club dress code:
 - Recreational Girls - Leotard (plus shorts optional)
 - Recreational Boys – Leotard and longs/shorts OR t-shirt and shorts (non-baggy)

If you have any concerns/ queries regarding the dress code above, please contact us to discuss. Adaptions may be made on a case-by-case basis.

Squad gymnasts – see Squad members handbook

Long hair must be tied back and no hair should cover the eyes when head is tipped forward. NO make-up, NO jewellery (Newly pierced ears can be taped for the first 6 weeks. Tape is not provided by the club)

- Register at Reception when I arrive
- Leave my drink bottle and any other belongings in a cubby hole in the storage area
- Leave my belongings with my parent/ carer or put them in a bag that can be fastened when possible
- Not touch another gymnast's belongings
- Tell my coach straight away if I notice a problem in the storage area or toilets before, during or at the end of a session

During a session I will:

- Tell my coach if I have an injury or feel unwell
- Not swear
- Listen to my coach and not interrupt them when they are talking or when they are supporting another gymnast
- Wait my turn, not push into a line or practice moves whilst lining up
- WALK around the gym carefully
- Not eat or chew gum in the gym
- Tell my coach straight away if there is a problem in the gym
- Be a good team mate to my fellow gymnasts, no name calling or ignoring others.
- Understand that my coach will sometimes need to support me by holding me, lifting me or moving my body position. At the end of a session I will:
- Stay on the gymnastics club premises until my parent/carers arrives
- Take all my belongings with me, including my drinks bottle

Parent/ Club Partnership Agreement

As the parent/carer of a gymnast at Witham Hill Gymnastics Club, I agree to the following:

I will:

- Ensure that my child understands the gymnast code of conduct and adheres to it
- Bring my child into the building no later than 5 minutes before their session starts and make sure they sign in at reception
- Wait in the reception area until my gymnast has entered the gym
- Ensure my gymnast is dressed appropriately (*see above*) and keep their belongings with me or provide them with a bag to fasten belongings into
- Encourage my child to go to the toilet before their session
- Ensure I have provided an emergency contact number if I am to leave my child whilst they are in their session
- Not smoke or use foul/disrespectful language within the club or its grounds
- Inform the club via text/email if my child is unable to attend for more than 3 sessions in a row - please **do not** use social media to contact the club
- Inform the club of any injury, medical condition, special education need or change in personal circumstance that may affect my child's attendance, ability to train or may require their training to be adapted
- Discuss any concerns regarding the club or my child's training by contacting Jamie Saunders, Head Coach, on info@withamhillgymnastics.co.uk to arrange a parent/coach meeting - if an issue cannot be resolved or is not related to a child's training it may be passed to our welfare team who can be contacted at welfare@withamhillgymnastics.co.uk - please **do not** use social media to voice concerns
- Give one months' notice if my child intends to leave the club by contacting info@withamhillgymnastics.co.uk
- Support my child's involvement and help them to enjoy their sport by - - Not forcing them to take part - Not punishing or belittling my child for poor performance or making mistakes - Focusing on good effort and performance, not just results - Demonstrating good sportsmanship by applauding good performance and efforts of all gymnasts - Not publicly challenging the decisions made by coaches or officials - Supporting the club by participating in fundraising activities where possible
- Abide by the waiting area rules - - Strictly no photography or video to be taken - No standing or sitting in walkways or near the fire exits - Do not move chairs away from tables - Please put your rubbish and any other mess in the bin - Please remain behind the barrier as not to distract the gymnasts/coaches by waving or communicating through the windows - Make sure you leave the waiting area in time to collect your gymnast from outside the club as gymnasts cannot come up to the cafe without being collected first