



SANDBACH GYMNASTICS FOUNDATION

Gymnasts Code of Conduct

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Sandbach Gymnastics Foundation

Code of Conduct - Gymnast

As a responsible gymnast you will:

- Participate within the rules and respect gymnasts, coaches, officials and parents and their decisions
- Always perform to the best of my ability and in a positive manner
- Promote fair play and be gracious in both victory and defeat
- Listen and respond in a positive manner to my coach
- Ensure appropriate use of social media / digital communication in line with club and BG policy
- Use appropriate language always
- Inform your coach of any other coaching / medical treatment that you are receiving
- Allow the coaches to do their job, do not openly criticise
- Always wear appropriate clothing
- Talk to someone I trust or the club welfare officer if I am unhappy about anything at the club
- Never consume alcohol before or during training
- Never condone rule violation or the use of prohibited substances
- Avoid destructive behaviour and leave the gymnastics venue clean and tidy
- Notify an adult if you must leave the gymnastics hall
- Never accept lifts in cars or invitations into homes on your own without prior consent or knowledge of your parents
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents or carers and the club Welfare officer or responsible adult as soon as possible

Three Strike Rule: Gymnasts

The three-strike rule should be implemented under the following circumstances.

Specifically; -

- Disruptive behaviour in class
 - Disruptive behaviour whilst on breaks
 - Refusal to follow the class programme.
 - Refusal to follow the coaches lead and direction
 - Rude or disrespectful behaviour to fellow members, parent, or officials
 - Breaches of rules as stipulated in the Gymnast code of conduct.
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- **Strike 1** - Sit Out and reflect
 - **Strike 2** - For repeated or more severe breaches, the gymnast will be asked to leave the class and the parents will be asked to attend and take them home from this session.
 - **Strike 3** - Parent and gymnast will be invited to the club to discuss the gymnast's current behaviour with the Coach and WO looking at a way of resolving the issue.
 - **Strike 4** - Gymnast loses places within the club.

Performance + Training Rewards: Gymnasts

We operate a rewards system for all our training members; -

These include: -

- Well done cards – all members, can be for skill learning, attitude to training, supporting others etc.
- New skill card – intermediate and team gymnasts
- Gymnast of the week – intermediate and team gymnasts
- Certificates – awarded to recreational and intermediate gymnasts at the end of course for achieving a certain level of competence

Annually: -

- We hold an Awards Night which includes presentations to all sections of the membership including coaches and officials and incorporates a disco, fun gym, and BBQ
- Pizza nights

Team support includes: -

- Trips out for team bonding including, Alton Towers, pantomimes, eating out and fun activities
- International exchange for the top team to USA bi-annually.