

# Idsall Gymnastics.

Version	Summary of Changes	Date
1	Agreed by coaching staff.	Dec 17
2	Table added to document to highlight changes and published to web site.	Feb 18

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## Gymnasts Code of Conduct.

- **I will:**

- Be punctual to training and be ready to start training on time.
- Wear suitable clothing for training and events as instructed by my coach or Club officials, keep long hair tied back and remove all jewellery before the beginning of a session.
- Attend the warm-up as it is an essential part of the training that helps the prevention of injury.
- Immediately tell my Coach of any existing injuries or illness before the warm up begins or immediately if I injure myself or feel unwell during the session.
- Take care of and be respectful towards the Club's equipment and facility.
- Only use the equipment with a coach's permission.
- Listen to and follow the instructions and advice of my coaches at all times and ask questions if I am unsure about anything, especially when learning new skills or sequences of moves.
- Be committed to my training program, as agreed with my coach, approach training with a positive attitude, be the best gymnast that I can be and try my hardest to achieve the tasks I am set.
- Always try to be mindful of the impact my words and actions can have on others, as I understand that **bullying will not be tolerated**. I will tell a coach if I believe that another member of the class is being bullied or unfairly treated by other participants.
- Show respect to all coaches, judges, officials and other gymnasts and respect fellow Club members by providing support and encouragement.
- Be a positive role model for other gymnasts and my Club.
- Always show awareness and respect for cultural and religious differences.