######  https://cdn.british-gymnastics.org/images/assets/BritishGymnasticsLogoBigSquare.jpg **Description: http://t0.gstatic.com/images?q=tbn:ANd9GcTULVlmmTuxVT6xNB7_l0PetvtMx6Hs8gKaA-64dMBSVCiYyzo&t=1&usg=__ZiDF3kOXuS8MAFG62ueLRvSuMd8=**

###### **Gymnast’s Code of Conduct 2019 to 2020**

###### The “gymnast” when mentioned below refers to your child.

###### The gymnast should always respect a coach’s instructions and never waste time.

###### The gymnast should not be repeatedly late for training/competitions or miss sessions /competitions without a good reason. If persistently late without good cause, they will not be able to partake due to the disruption caused. Please be aware that attendance and punctuality are monitored on a regular basis and are often looked at when considering whether a gymnast can remain in their current squad or progress to another. If a gymnast will not be attending a session, the parent should report the absence via email to lancastergymnastics@outlook.com as soon as possible.

* The gymnast should wear suitable clothes for training and events. Gymnasts can wear hoodies, t’shirts and shorts for warming up and leotards and shorts during the main part of the training sessions. Ballet leotards with thin straps and crop tops are forbidden for training sessions. Jewellery is **not** permitted to be worn at training or competitions. Socks must be worn for trampolining activities.
* The gymnasts should never enter the gym or use the equipment unless their qualified squad coach is present. The gymnasts should never get involved in 'Tests of Daring' with others who may be far more capable. The gymnast should never behave dangerously or irresponsibly.
* The gymnast should never use bad language, call people names or provide an environment that inflicts fear and harassment onto others.

* Permission should be granted by the coach before the gymnast leaves the session and/or the main gymnastics area. No food is allowed around the main gymnastics area unless agreed by the squad coaches.

###### The gymnast should never use a mobile phone during sessions without prior permission from a qualified coach and it should be stored in the lockers available in the corridors.

###### The gymnast should always inform the coach of any medical condition or medication which might affect performance or injury, especially of any accident in the last six months which resulted in unconsciousness from a blow to the head.

###### Every member of City of Lancaster Gymnastics Club is representing the club at all times, both in training and at competitions. They are therefore expected to behave appropriately around the sports centre or competition venue. Any inappropriate behaviour will be reported fully to parents subject to the disciplinary procedures.

###### City of Lancaster Gymnastics Club have set criteria for age groups and classes. Each gymnast’s performance will be constantly reviewed to ensure they are in the appropriate classes and training. Hard working well-behaved and dedicated individuals will be more likely to be selected for the competition squads, teams, special events and displays.

###### When competing, the gymnast is expected to perform to the best of their ability - this can only be done through proper training before the event and attending any extra sessions prior to the competition. If this is not carried out the coach reserves the right to withdraw the competition entry.

###### The gymnast must stay within the competitor's area for the duration of a competition unless authorised to leave by the Competition Marshall or coach. The gymnast should respect instructions from any competition officials and coaches and should always be willing to help out when needed.

###### If the Code of Conduct is not adhered to by the gymnast, the coaches will follow the guidelines for the disciplinary procedures set out by the club (available to view on the website)

This document is subject to change at any time without prior notice and is to be reviewed regularly.

(Reviewed 1st August 2019)