



Gymnasts Code of Conduct

As a member of North Oxford Gymnastics you are expected to follow the below club rules:

- Gymnasts must participate within the rules and respect coaches, judges and their decisions.
- Gymnasts must respect fellow club members and competitors from other clubs.
- All gymnasts must have current British Gymnastics insurance before they will be allowed to participate in sessions.
- Do not ask your coach, judge, helper/volunteer or club official to be your social networking site friend – they will refuse as that would breach good practice and the BG Safeguarding and Protecting Children Policy.
- Gymnasts should attend training and competitions as agreed on time, or inform the club if they are going to be late.
- Gymnasts must wear suitable attire for training (leotard and shorts) and events as agreed with the coaches. No denim, long hair must be tied securely, all jewellery needs to be removed or taped in accordance with British Gymnastics Body Piercing and Adornments Policy.
- Gymnasts fees for training or events must be paid promptly.
- Gymnasts must not smoke, consume alcohol or take drugs of any kind whilst representing the club at competitions or other events.
- Gymnasts should treat the building and all equipment with respect.
- The gymnasts should never enter the gym or use the equipment unless their coach is present. The gymnast should never behave dangerously.
- Gymnasts must inform the lead coach of their session of any injuries or illness they may have before the warm up begins.
- The gymnast should never use a mobile phone during sessions without prior permission from a qualified coach.
- Gymnasts should not eat or chew gum during a session.
- Gymnasts must not use bad language.
- Gymnasts must remain with coaches at the end of the session until collected by their parent or carer.

Gymnasts are encouraged to be open at all times and share any concerns or complaints that they may have about any aspects of the club with Jude Elliman (Club Welfare Officer)