

Gymnast Code of Conduct

As a gymnast, I will:

- Be kind, friendly and helpful to others.
- Try my best and always take part fairly.
- Listen to and respect my coaches, judges, staff, volunteers, teammates and others at the club.
- Follow the rules of my club, the gym and Scottish Gymnastics.
- Treat everyone fairly and with respect, no matter who they are.
- Be a good teammate and not bully others or pressure anyone to do something they do not want to do.
- Use kind words and behave well at training, competitions and online.
- Take care of all gym equipment and apparatus and use it safely.
- Wear the correct kit for training and competitions.
- Arrive on time and ready to take part in training.
- Not wear jewellery or chew gum during training or competitions.
- Only use my phone if a coach says it is okay (for example, to film routines).
- Be respectful online and not post unkind or hurtful comments about anyone at the club.

Parent / Carer Code of Conduct

As a parent or carer of a gymnast at the club, I agree to:

- Encourage my child to enjoy gymnastics and take part to the best of their ability.
- Support all gymnasts to participate in a fair, safe and positive environment.
- Treat all coaches, judges, volunteers, venue staff, gymnasts, parents and spectators with respect.

- Respect the decisions made by coaches and officials during training sessions and competitions.
- Help my child understand the importance of following club rules and behaving appropriately.
- Promote good sportsmanship and positive behaviour at all times.
- Never place undue pressure on my child or any other gymnast.
- Refrain from shouting, coaching from the sidelines or distracting gymnasts during sessions or competitions.
- Ensure my child arrives on time, prepared and wearing the correct kit.
- Inform the club of any relevant medical information or changes that may affect my child's participation.
- Support the club's policies and procedures, including those of Scottish Gymnastics.
- Respect the welfare and wellbeing of all participants regardless of age, sex, gender identity, disability, religion, race, ethnic origin, nationality, socio-economic status or sexual orientation.
- Use social media responsibly and ensure any comments about the club, coaches, officials, gymnasts or volunteers are respectful and appropriate.
- Follow the club's guidance on photography, filming and the use of mobile phones.
- Communicate any concerns or issues through the appropriate club channels in a respectful manner.