

ENIGMA  
GYMNASTICS  
CLUB



# Codes of Conduct

# How do I know what the Club rules are?

At Enigma Gymnastics Club, we are fully committed to safeguarding and promoting the wellbeing of all our members.

We believe it is important for everyone to show respect and understanding for the safety and welfare of others. To help us to do this we have codes of conduct and we ask everyone to read these and follow the most appropriate one for their connection to our Club.

We review our codes of conduct annually with all our members and we do this through sessions in class with our gymnasts, at coaches meetings, at parent updates and committee catch ups.

## **Gymnasts Code of Conduct**

As a gymnast of Enigma Gymnastics Club you are expected to abide by the following club rules:

- All gymnasts must participate within the rules and respect coaches, judges and their decisions.
- All gymnasts must respect fellow club gymnasts and gymnasts from other clubs.
- Gymnasts should keep to agreed timings for training and competitions or inform their coach, or if they are going to be late.
- Gymnasts must wear suitable attire for training and events as agreed with the coach. Keep all long hair tied back. Remove all body jewellery.
- Gymnasts must pay any fees for training or events 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 all equipment with respect.
- Gymnasts must inform the head coach of any injuries or illness they may have before the warm-up begins.
- Gymnasts should not eat or chew gum during a session.
- Gymnasts must not use bad language.

- Gymnasts should remain with coaches at the end of a session until collected by their parent or guardian.

### **Coaches, Officials and Committee Members Code of Conduct**

Coaches, officials and committee members play a significant role in the development of gymnastics and to the overall profile of the sport.

Enigma Gymnastics Club expects all coaches, volunteers and officials who attend training sessions, competitions or any other appropriate events representing the Club to comply with the code of conduct set out below:

- Consider the well-being and safety of gymnasts before the development of performance.
- Develop an appropriate working relationship with gymnasts based on mutual trust and respect.
- Respect the rights, dignity and individuality of all gymnasts, coaches, officials, volunteers and other club members and treat each equally within the context of the sport;
- Hold the appropriate, valid qualifications and insurance cover.
- Make sure all activities are appropriate to the age, ability and experience of those taking part and ensure all participants are suitably prepared physically and mentally when learning new skills.
- Display consistently high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved with club activities.
- Never consume alcohol immediately before or during training or events.
- Obtain prior agreement from the parent/carer of performers before transporting them anywhere (training/competitions).
- Never have gymnasts stay overnight at your home.
- Never exert undue influence over gymnasts to obtain personal benefit or reward.
- Always report any incidents, referrals or disclosures immediately, following the appropriate guidelines set out by BG /SGA Child Protection policies.
- Never condone rule violations or use of prohibited substances.

- Make sure that confidential information is not divulged unless with the express approval of the individual concerned.
- Promote the positive aspects of the sport (e.g. fair play).
- Encourage gymnasts to value their performances and not just results.
- Follow all best practise guidelines laid down by BG / SGA and Enigma Gymnastics Club – especially those relating to coaching and welfare.
- Avoid and discourage the use of mobile phones during training except in emergency circumstances;
- Co-operate fully with other specialists (e.g. coaches, officials, doctors, physiotherapists etc) in the best interest of the gymnast;
- Be aware your decisions, choice of actions, and strategic targets have implications;

### **Parents and Carers Code of Conduct**

During training sessions, competitions or events, Enigma Gymnastics Club asks parents and carers to observe the following points:

- Encourage your child to learn the rules and participate within them.
- Discourage challenging / arguing with officials.
- Publicly accept officials' judgements.
- Help your child to recognise good performance, not just results.
- Set a good example by recognising good sportsmanship and applauding the good performances of all.
- Never force your child to take part in sport.
- Always ensure your child is dressed appropriately for the activity and has plenty to drink.
- Keep the club informed if your child is ill or unable to attend sessions.
- Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
- Share any concerns or complaints about any aspect of the club through the approved channels.

- Use correct and proper language at all times.
- Never punish or belittle a child for poor performance or making mistakes.
- Always collect your child promptly at the end of a session.
- Support your child's involvement and help them to enjoy their sport.
- Remember children participate in this sport for their benefit, not yours.
- Remember children learn best by example.
- Criticism of other people's children / coaches can be upsetting to all and is frowned upon by this Club. Please refrain from doing so.

### **Spectators Code of Conduct**

During training sessions, competitions or events, Enigma Gymnastics Club asks the following to be observed:

- Encourage and support all gymnasts and coaches;
- Remain in the spectator area;
- Avoid sitting or leaving belongings on any item of gymnastics equipment;
- Keep children (and out of session gymnasts) off all gymnastics equipment. They must remain in the spectator area if not currently participating;
- Refrain from public disparagement, gossip and criticism. If you have anything negative to report, please follow the appropriate procedure;
- Avoid interrupting the training session or distracting the coaches / gymnasts;
- The use of video cameras, cameras and mobile phones with photographic / video attachments at training sessions / events is strictly controlled. Any person wishing to use photographic equipment must register their intentions with the Club or the organising body of the event being attended;
- Be considerate with regard to volume, language and topics of conversation;
- Do not leave litter;
- Enjoy watching gymnasts perform;

- If travelling with gymnasts to or from an event as part of the team on a chartered coach / car, please respect all rules the head of delegation has in place.