

Code of Conduct for Gymnasts

As a gymnast taking part in gymnastics, this is what you must follow so we can make sure everyone is happy and safe.

I have the right to

- Enjoy the time I spend in gymnastics and be safe.
- Be listened to.
- Be included and treated fairly.
- Be respected.
- Feel welcomed, valued, and not judged.
- Be told how to tell someone when something isn't right.
- Be able to tell someone that something isn't right without worrying about what will happen next – I will not get in trouble for talking about my worries.

How I will behave

- Make gymnastics environments a welcoming and friendly place to be.
- Celebrate my teammates; tell them when they've done well and be there for them when they're struggling.
- Respect and celebrate differences in our environment and do not be mean to people because of our differences. Everyone is welcome here!
- Tell an adult, like my safeguarding and wellbeing officer, about any bullying, even if I've just seen or heard something.
- Treat other people with respect and celebrate everyone's different levels of skill and talent.
- Respect the staff, coaches and judges, and the staff and gymnasts from other teams.
- Be a good sport, celebrate when I win and be gracious when I don't.
- Be safe and kind to others online.

What I will do

- If something isn't right, or if something makes me feel sad or scared, I will tell an adult, like my safeguarding and wellbeing officer or any adult that I would be happy talking to.
- Keep myself safe by listening to my coach.

Inclusive

 0300 3003127

Supportive

 office@welshgymnastics.org

 www.welshgymnastics.org

Aspirational



- When I'm in the gym, stay in the places where I'm supposed to be, don't wander off without telling an adult.
- Take care of the equipment.
- Make it to training and competitions on time and if I'm running late, let my coach know.
- Bring the right equipment to practice and competitions and wear the right clothing.
- Do not smoke, take drugs, or drink alcohol where gymnastics happens or when you're representing gymnastics.

Remember – It's okay if you're having a bad day, we all need help at times, let your club safeguarding and wellbeing officer know, or an adult you can trust, they can help.

We expect everyone to follow their code of conduct. If anyone doesn't follow their codes of conduct, we will try to solve the issue, sometimes with your parents' help. If you continue to ignore the codes of conduct, we will have to speak with Welsh Gymnastics who will work with us on their 3-step system:

Step 1 – Verbal warning.

Step 2 – Written warning.

Step 3 – Suspension – this means that you would not be able to do any gymnastics until your suspension time is finished.

Signature of gymnast:

Date:

Signature of parent (if under 18):

Date: