

# **ABBAY GYM CLUB**

## **CODE OF CONDUCT FOR GYMNASTS**

We want everyone to feel comfortable and safe in the gym, so we all need to think about how we behave. We think that everyone should:

- Follow the rules and respect coaches, judges and their decisions.
- Listen carefully to the coaches, and follow their instructions.
- Respect opponents and fellow club members.
- Keep to agreed times for training and competitions or inform their coach, if they are going to be late or need to leave early.
- Not miss sessions unless they really need to, and if so let the coaches know before the session.
- Wear suitable clothes for training and events as agreed with the coach.
- Treat all equipment with respect and only use it when told to by a coach.
- Tell their coach of any injuries or illnesses they may have before the warm-up begins.
- Not eat, drink or chew gum during a session, except when given permission.
- Not use bad language, or call people names.
- Not pick on anyone, or try to force them to do or say things they don't want to.
- Stay with coaches at the end of a session until collected by their parent or guardian.
- Tell someone if you see or hear anything bad in the gym.

You can talk to any of the coaches about how you feel or what is happening, but we also have people who are there especially to help. Their role in the club is to listen to people's worries and help them to sort them out. You can talk to them if you see them in the gym or you can email them.

**E-J Wood & Bonnie Freeman** e-Mail: [welfare@abbeygymclub.org.uk](mailto:welfare@abbeygymclub.org.uk)

# **ABBHEY GYM CLUB**

## **CODE OF CONDUCT FOR PARENTS/CARERS**

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport. Remember children take part in this sport for their benefit, not yours.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Encourage and guide performers to accept responsibility for their own performance and behaviour.
- If you are viewing within the gym please switch-off mobile phones

# **ABBHEY GYM CLUB**

## **FEELING SAFE AND HAPPY**

When you come to gym, we hope that you will not only be working hard on your gymnastics but will also be enjoying yourself and making new friends. If you are new to the gym, it can seem a frightening place, with loads of new faces and lots of things happening. We think that:

- Everyone in the gym should be treated the same.
- You should always feel safe with the coaches, adults or other gymnasts, or when using the vault, bars, or other things in the gym.
- No one in the gym should ever say or do things that make you feel uncomfortable or unhappy.
- Everyone in the gym should be friendly, and no one should bully you or call you names you don't like.
- No one should ever make you do or say things if you really don't want to do or say.

We want everyone to feel comfortable and safe, so we all need to think about how we behave ourselves, and about how everyone else behaves.

### **What if something bad does happen?**

We hope you are always happy in the gym, but if something ever does make you feel unhappy or uncomfortable, we want to be able to help you. We don't want you to keep quiet about it, or think it's your fault. We want you to tell someone and let them help you.

You can talk to any of the coaches about how you feel or what is happening, but we also have people who are there especially to help. Their role in the club is to listen to people's worries and help them to sort them out. You can talk to them if you see them in the gym, you can contact them by Email.

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# **ABBHEY GYM CLUB**

## **CHILD PROTECTION INFORMATION FOR PARENTS AND CARERS**

### **Policy Statement**

**“We at Abbey Gym Club are committed to practices that protect children from harm. Coaches, committee members and volunteers in this organisation recognise and accept our responsibilities to develop the awareness of the issues that may cause children harm.”**

**Everyone in the club has a responsibility to ensure that our gymnasts are safe and happy during their time with us. To try to ensure that happens, we have put a number of procedures in place:**

- 1. We have adopted child protection and equity policies and procedures for coaches, committee members, volunteers and gymnasts based on the recommendations of the British Gymnastics Association. Copies are available.**
- 2. We carry out DBS checks on all coaches, committee members and volunteers with responsibility for children.**
- 3. We ensure coaches, committee members and volunteers with responsibility for children attend appropriate child protection courses.**
- 4. Our coaches have appropriate BGA qualifications, and will coach at a correct level.**
- 5. We have designated welfare officers to enable any concerns to be reported in accordance with our procedures.**

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