



CODE OF CONDUCT: GYMNASTS

Version 1.0



Version History

Version	Summary of amendments/changes	Published Date
Version 1.0	Document Created	July 2024
Version 1.2	Added: Jewellery rules	Sep 2024

Contact Information

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As a gymnast participating in gymnastics, here are my responsibilities to ensure everyone's happiness and safety:

I have the right to:

- Enjoy my time in gymnastics and feel safe.
- Have my concerns listened to and taken seriously.
- Be included and treated fairly, with respect.
- Feel welcomed, valued, and accepted without judgment.
- Know how to report any concerns about safety or well-being.
- Speak up about any issues without fear of consequences—I won't get in trouble for sharing my worries.

How I will behave:

- Foster a welcoming and friendly environment in gymnastics.
- Support my teammates by celebrating their successes and offering help when needed.
- Respect and embrace our differences; bullying or unkindness based on differences is not acceptable—we welcome everyone!
- Report any bullying to an adult, like the safeguarding and wellbeing officer, even if I've only witnessed it.
- Treat others with respect, recognising and celebrating everyone's unique skills and talents.



- Show respect to staff, coaches, judges, and gymnasts from other teams.
- Display good sportsmanship, celebrating victories and showing grace in defeat.
- Use social media safely and positively, being kind to others online.

What I will do:

- If something doesn't feel right, or if I feel upset or scared, I will speak to an adult I trust, like the safeguarding and wellbeing officer or any other adult I feel comfortable talking to.
- Ensure my own safety by listening to and following my coach's instructions.
- Stay in designated areas while in the gym and inform an adult before leaving.
- Handle equipment with care to ensure safety and longevity.
- Arrive punctually for training and competitions; if delayed, inform your coach promptly.
- Bring the appropriate equipment and wear suitable clothing for practices and competitions. Including no Jewellery during training or competition, with the exception of stud earrings, which are allowed.
- Refrain from smoking, using drugs, or consuming alcohol at gymnastics facilities or during gymnastics events.

Remember – It's okay to have difficult days; if you need assistance, notify your club's safeguarding and wellbeing officer or a trusted adult who can offer support.



We expect everyone to adhere to their code of conduct. Should anyone fail to follow these guidelines, we will attempt to resolve the issue, possibly involving your parents. Continued non-compliance may necessitate involvement with IGA, following their 3-step system:

Step 1 – Verbal warning.

Step 2 – Written warning.

Step 3 – Suspension – meaning temporary exclusion from gymnastics activities until the suspension period concludes.

Signature of parent/carer/guardian:

(if under the age of 18)

Date:

Signature of gymnast:

(if over the age of 18)

Date: