



CODE OF CONDUCT: PARENTS, CARERS AND GUARDIANS

Version 1.3



Version History

Version	Summary of amendments/changes	Published Date
Version 1.0	Document Created	July 2024
Version 1.2	Added: Gymnast attire and Jewellery	Sep 2024
Version 1.3	Added: Our Shared Commitment to Gymnast Welfare, Responsible Use of Social Media & Digital Communication, Breaches of Code, Declaration & Agreement	Dec 2025

Contact Information

IGA Office	info@igauk.com / 0345 319 7000
------------	--------------------------------



Introduction

IGA clubs are committed to providing a safe, positive and inclusive environment where every gymnast is supported to reach their potential — and to enjoy their gymnastics journey. Parents, carers and guardians play a vital role in helping us achieve this.

This Code of Conduct outlines the standards of behaviour we expect from all adults supporting gymnasts within IGA-affiliated clubs. It exists to:

- Protect the wellbeing, dignity and safety of all gymnasts
- Promote respect and positive relationships between families, coaches, staff and volunteers
- Support a culture where children and young people can grow in confidence and feel valued
- Ensure that the behaviour of adults upholds the principles of fair play, inclusion and good sportsmanship

By working in partnership with us, you help create an environment where gymnastics is fun, safe and empowering — and where gymnasts are encouraged to learn, thrive, and build a lifelong love of the sport.

All parents, carers and guardians are expected to read, understand and follow this Code of Conduct. Thank you for supporting a culture that puts gymnast welfare first, always.

Our Shared Commitment to Gymnast Welfare

Parents, carers and guardians agree to:

- Prioritise the safety, wellbeing and enjoyment of their child above all else
- Encourage a healthy and positive attitude toward training, competition and progression
- Promote confidence and self-esteem by celebrating effort, learning and improvement — not just results
- Support a balanced approach to training that includes proper rest, recovery, nutrition and education
- Ensure their child attends sessions fit, healthy and ready to participate
- Help create a culture where all gymnasts feel respected, included and valued regardless of ability, background or experience
- Speak positively about their child's participation and avoid putting pressure on them to achieve goals they do not own

We recognise that gymnastics should always be a safe, fun and empowering activity for every young person.

By working in partnership with coaches and staff, parents play a key role in nurturing a gymnast's confidence, mental wellbeing and passion for the sport.



Respectful Relationships with Coaches, Officials & Volunteers

Parents, carers and guardians agree to:

- Treat all coaches, IGA officials, judges, event staff and volunteers with respect, courtesy and patience at all times
- Support coaches to coach — avoiding giving technical instructions from the sidelines or contradicting coaching guidance
- Trust the professional judgement of qualified staff and officials regarding safety, progression, scoring, rules and readiness for new skills
- Use appropriate communication channels for questions, concerns or feedback — not informal or personal messaging platforms
- Avoid pressuring coaches or officials to fast-track advancement, alter scores, or allocate additional training or competition outcomes
- Recognise that coaches and officials act in the best interests of all gymnasts and must apply rules, safeguarding policies and welfare considerations consistently
- Show understanding when staff or officials must make safeguarding, welfare-based or rule-based decisions, even if these differ from personal expectations
- Respect personal boundaries — including not approaching coaches, judges or officials during training sessions or competition unless necessary for safety or directed by event procedures
- Follow event protocols when raising queries at competitions, including allowing coaches to act as the appropriate point of contact with officials

We work together as one team. Open, respectful communication and mutual understanding help create a safe, positive and supportive environment where every gymnast can thrive.

Positive Behaviour as a Spectator & Role Model

Parents, carers and guardians agree to:

- Be positive role models, showing encouragement, calmness and good sportsmanship at all times
- Celebrate effort, progress and teamwork — not only outcomes or placement
- Avoid shouting instructions, criticism or negative comments from the viewing area or stands
- Refrain from distracting gymnasts during training or competition
- Treat all gymnasts — including those from other clubs — with respect and kindness
- Never engage in gossip, confrontation or aggression towards officials, gymnasts, staff or other parents
- Support a zero-tolerance approach to bullying, discrimination or harassment in any form
- Follow all club and event rules related to access, viewing areas and behaviour

Children learn from how we act — our words and behaviour shape their confidence, enjoyment and respect for others.



Supporting Safe Boundaries & Protecting All Children

Parents, carers and guardians agree to:

- Place the physical and emotional safety of all children above any sporting ambition
- Respect privacy and personal space — including in changing areas and during injury treatment
- Avoid discussing or commenting on a gymnast's body shape, weight, or appearance
- Support healthy attitudes toward training, nutrition and rest — and never apply pressure to diet or train excessively
- Follow the club's rules on photography, filming and image sharing to protect all gymnasts
- Use digital and social media responsibly — never posting content that could embarrass, identify, or put a child at risk
- Report any safeguarding concerns immediately to the Club Welfare Officer or Safeguarding Lead
- Never confront or question a child about allegations or concerns — leave this to trained professionals
- Respect that safeguarding decisions may sometimes be made confidentially for a child's protection

Every adult in our community shares responsibility for creating a safe environment where children feel secure and supported.

Respect for the Gymnast's Journey & Personal Development

Parents, carers and guardians agree to:

- Recognise that each gymnast develops at their own pace — avoiding comparisons with others
- Allow children to own their goals and celebrate achievements that matter to them
- Encourage enjoyment, curiosity and confidence — not perfection
- Support the gymnast's right to express feelings honestly without fear of disappointing others
- Avoid placing pressure to win, progress quickly, or achieve specific scores or levels
- Trust coaches to make progression decisions based on readiness, safety and wellbeing
- Encourage resilience and learning from setbacks — mistakes are part of the journey
- Promote a balanced life that allows time for school, friendships, family and rest
- Respect a gymnast's right to privacy about personal matters, injuries or challenges

Success in gymnastics is more than skills — it's confidence, wellbeing, friendship and fun.

Communication & Working Together with the Club

Parents, carers and guardians agree to:

- Communicate openly, calmly and respectfully with coaches and staff
- Raise concerns privately through the correct channels — not in public areas or group chats
- Request meetings at suitable times, understanding that coaches cannot pause training for discussions
- Keep personal contact information up to date and check club communications regularly
- Inform the club of any medical, wellbeing or personal circumstances that may affect participation
- Follow the club's procedures for reporting safeguarding or welfare concerns
- Work collaboratively with the club to resolve issues, giving time for actions to be followed up



- Avoid spreading rumours, assumptions or confidential information about other gymnasts or families
- Approach disagreements with a solution-focused mindset, recognising that everyone wants the best for each gymnast

We are partners in supporting every child to feel safe, confident and motivated in the gym.

Commitment to Club Rules & Responsibilities

Parents, carers and guardians agree to:

- Ensure their child attends training and events on time with the correct kit and equipment
- Encourage good preparation habits — hydration, nutrition, sleep and punctuality
- Notify the club promptly of any absences, injuries or illness affecting participation
- Follow all club rules relating to health and safety, safeguarding, venue access and supervision
- Respect decisions made regarding training groups, rotations and competition entries
- Support staff when a gymnast must step back, recover or modify training for safety or wellbeing reasons
- Complete all required permissions, medical information and safeguarding documentation in full
- Refrain from using private or unauthorised areas of the venue
- Ensure younger siblings or children in their care are supervised at all times within the facility
- Adhere to any travel, transport or event-specific safety guidance
- Ensure your child is safely dressed for the session (i.e activity safe clothing and stud earrings only)

By supporting club policies consistently, we help create a structured, safe and positive training environment for every child.

Responsible Use of Social Media & Digital Communication

Parents, carers and guardians agree to:

- Use social media in a positive and respectful manner when discussing gymnastics
- Never post content that could identify or embarrass a child, including others' children, without appropriate consent
- Follow all club policies regarding photography, filming and image-sharing, especially at training and events
- Avoid sharing information about training incidents, injuries, disciplinary matters or safeguarding concerns online
- Refrain from commenting publicly on routines, selection decisions, scores or judging outcomes
- Never engage in online harassment, arguments or negative discussion involving coaches, gymnasts, officials or other parents
- Not set up unofficial pages, groups or forums representing the club, and not share confidential information in parent group chats
- Use only approved club communication channels to message staff — no direct messaging to coaches' personal accounts unless explicitly permitted
- Report any inappropriate online behaviour to the club safeguarding lead immediately

What we share online can affect children's safety, dignity and confidence — we choose kindness and caution.



Your Rights as Parents, Carers & Guardians

As a valued partner in your child's gymnastics journey, you have the right to:

1.1 Safety & Safeguarding Information

- Know that your child will be kept safe, respected and looked after during their time at the club
- Be informed promptly about injuries, accidents, concerns or changes affecting your child's wellbeing
- Have access to the club's policies, procedures and safeguarding contacts whenever needed
- Have concerns listened to, taken seriously, and responded to appropriately

1.2 Transparent and Qualified Coaching

- Receive information about staff qualifications, safeguarding training and who is responsible for your child during sessions
- Expect coaches to act in your child's best interest, prioritising safety and wellbeing over performance
- Ask questions and seek clarification about decisions that affect your child's development

1.3 Participation and Consent

- Give or withdraw consent for activities and the use of personal or sensitive information about your child
- Be consulted about decisions relating to health, medical concerns or adjustments to training
- Be included in discussions when your child expresses worries or discomfort in training environments

1.4 Communication & Respect

- Be treated with dignity, courtesy and respect by staff and other members of the club community
- Receive clear and timely communication regarding:
 - Sessions
 - Changes to schedules
 - Events, fees and expectations

1.5 Inclusion, Equality & Dignity

- Expect the club to provide a welcoming environment for every family — regardless of background, beliefs, identity or ability
- Expect your child to be supported to celebrate diversity and differences within the sport

Breaches of the Code

IGA clubs are committed to maintaining a safe, respectful and supportive environment for all gymnasts, families and staff. Where behaviour does not meet the expectations set out in this Code of Conduct, the club may take appropriate action regarding the parent, carer or guardian involved — not the gymnast.



Consequences may include:

Stage 1 – Verbal Reminder

A clear, respectful reminder of expectations and the impact of the behaviour.

Stage 2 – Written Warning & Meeting

A formal written notification and a meeting with club management or the Welfare Officer to agree improvements.

Stage 3 – Restricted Access

Ongoing or serious breaches may result in restricted access to the facility, events, viewing areas or communication channels for the parent/carer/guardian involved.

Conditions for reinstatement may be agreed.

Immediate Action (Serious Breaches)

In cases of serious misconduct — including threats, harassment, safeguarding violations, discrimination or physical aggression — the club may immediately restrict a parent's access while the matter is reviewed.

At no stage will a child be punished for the actions of their parent, carer or guardian.

A gymnast's right to participate safely and enjoy the sport will always be protected.

Declaration & Agreement

All parents, carers and guardians must read and agree to this Code of Conduct as part of their child's membership at an IGA-affiliated club.

By signing below, I confirm that:

- ✓ I understand that consequences for breaches of this Code apply only to me, not my child
- ✓ I agree to behave in accordance with the expectations set out in this Code
- ✓ I will support a safe, inclusive and positive environment for all gymnasts
- ✓ I am responsible for ensuring my conduct upholds the values and policies of the club and IGA

Signature

Parent/Carer/Guardian Name: _____

Signature: _____

Name of Gymnast: _____

Relationship to Gymnast: _____

Date: _____

Club Name: _____

Staff Member/Witness Signature: _____

Date: _____