



CODE OF CONDUCT: GYMNASTS

Version 1.3



Version History

Version	Summary of amendments/changes	Published Date
Version 1.0	Document Created	July 2024
Version 1.2	Added: Jewellery rules	Sep 2024
Version 1.3	Added: Using Social Media and Being Kind Online, If Something Bothers Me or Feels Wrong	Dec 2025

Contact Information

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Introduction

Gymnastics should be a place where you feel safe, respected, supported and proud of what you can do. Everyone at your club — including coaches, staff, other gymnasts and visitors — works together to make sure you have fun, learn new skills and enjoy your gymnastics journey.

This Code of Conduct explains the expectations for all gymnasts in IGA clubs. It helps us understand:

- How we treat others with kindness and respect
- How we stay safe in the gym and online
- How we look after ourselves — our minds and bodies
- Who to talk to if something doesn't feel right

By following this Code, you help to create a positive environment where everyone can feel confident, included and happy to take part.

You have the right to feel safe and enjoy gymnastics — every training session, every time.

My Rights as a Gymnast

As a gymnast in an IGA club, I have the right to:

- Feel safe, respected and included at all times
- Be treated kindly and with patience, even when I make mistakes
- Learn at my own speed and celebrate progress that matters to me
- Have fun, enjoy gymnastics and feel proud of my achievements
- Be listened to when I have a question, idea or worry
- Say "I'm not comfortable" or ask for help if something doesn't feel right
- Be supported with my physical and mental wellbeing
- Have my privacy respected, including but not limited to changing and toilet areas
- Take breaks if I feel tired, overwhelmed or unwell
- Be treated fairly no matter my ability, appearance, background or identity
- I have the right to request toilet and water breaks whenever I need it
- I have the right to have any prescribed medication when needed

These rights help keep me happy, healthy and safe — and they always come first.

How I Will Treat Others in the Gym

As a gymnast, I will:

- Treat coaches, gymnasts and staff with kindness, respect and patience
- Be a positive teammate — cheering others on and celebrating their achievements
- Welcome new gymnasts and help everyone feel included
- Use kind words and never bully, tease or make hurtful comments



- Respect other people's feelings, space and belongings
- Listen carefully and follow instructions to help keep everyone safe
- Be honest if I make a mistake or break a rule — and try to make it right
- Understand that everyone learns at different speeds and that's okay
- Support others when they are nervous or having a tough day

We all deserve to feel supported, valued and confident in the gym.

How I Will Train Safely

As a gymnast, I will:

- Follow my coach's instructions so I can learn safely and confidently
- Use equipment only when I'm told it is safe to do so
- Let a coach know if something feels too difficult, scary or painful
- Wear the correct kit and remove any jewellery if asked
- Keep the gym tidy by putting equipment away carefully
- Help create a space where everyone can focus and train well
- Warm up properly and take care of my body
- Tell a coach if I or someone else gets hurt or upset
- Stay safe when moving around the gym — no running, pushing or unsafe behaviour

Safety comes first — for me and for everyone around me.

My Wellbeing Matters

As a gymnast, I will:

- Remember that gymnastics should be fun and make me feel good
- Speak up if I feel worried, overwhelmed, or need help
- Take breaks when I need them — rest is important for my mind and body
- Tell a coach or trusted adult if someone makes me uncomfortable
- Understand that everyone's body is different and that's something to celebrate
- Focus on what my body can do, not what it looks like
- Never judge others (or myself) based on appearance, weight or ability
- Eat well, hydrate and get enough sleep to support my training
- Let someone know if I feel unwell, injured or upset — even during training

Being healthy and happy is more important than being perfect.



Using Social Media and Being Kind Online

As a gymnast, I will:

- Be kind and respectful when using social media or messaging apps
- Never post photos or videos of other gymnasts without their permission
- Only share things online that are positive and appropriate for others to see
- Keep personal information private
- Tell a coach, parent or trusted adult if I see or receive anything unkind, unsafe or worrying online
- Never use phones or devices in places they are not allowed
- Remember that once something is posted online, it can be seen by others — even if I delete it
- Stand up for others if they are being bullied online by asking an adult for help

Being kind online protects me and everyone around me.

If Something Bothers Me or Feels Wrong

As a gymnast, I will:

- Tell a coach, Welfare Officer, parent or another trusted adult if I feel worried or unsafe
- Speak up if someone's behaviour makes me uncomfortable
- Ask questions if I don't understand something
- Say "stop", "I'm not ready" or "I don't want to do that" — and know that adults must listen to me
- Let someone know if I see another gymnast being hurt, bullied or upset
- Keep trying to tell someone until I feel safe again, even if I have to tell more than one adult
- Remember that it is always okay to ask for help

My voice matters — and adults will listen and take me seriously.

Agreeing to Follow My Code of Conduct

I understand that this Code of Conduct is here to help keep me and everyone else safe, happy and confident in gymnastics.

By signing below, I agree to:

- Try my best to follow this Code every time I train or take part in club activities
- Treat others the way I would like to be treated
- Use my voice if something doesn't feel right
- Help make my club a positive and welcoming place for everyone

I know that if I have trouble with any part of this Code, adults will help me understand and improve — because they want the best for me.

We all work together to make our club a great place to be.



Signature

Gymnast Name: _____

Gymnast Signature: _____

Date: _____

Parent/Carer/Guardian Name: _____

Parent/Carer/Guardian Signature: _____

Date: _____

Coach/Welfare Officer Signature: _____

Date: _____