



CODE OF CONDUCT FOR GYMNASTS

As a member of Kirkcaldy Gymnastics Club, you are expected to abide by the following club rules:-

- All gymnasts must participate within the rules and respect coaches and judges and their decisions.
- All gymnasts must respect opponents and fellow club members.
- Gymnasts should turn up on time for their session or inform their coach where possible if they are going to be late.
- Gymnasts shall wear appropriate and approved gymnastic attire. (Leotard for girls/boys or shorts and t-shirt).
- No jewellery to be worn.
- Long hair must be tied back.
- Gymnasts should not eat or chew gum during a session.
- Once in the gymnastics hall, all gymnasts should concentrate on the coaching instruction, and focus on the lesson plan. Gymnasts must only work on the instructions given by their coach.
- Gymnasts are not permitted on any apparatus without supervision or the permission from a coach. Gymnasts should sit at the side of the hall at the start of the session until instructed otherwise by the coach.
- Gymnasts must notify a coach of any injury or illness **before** the warm-up begins.
- Gymnasts must be aware of other gymnasts at all times, and should not distract them.
- Gymnasts must not leave the training area or gymnastics hall under any circumstances without prior approval of the coach.
- Gymnasts should remain in the gym at the end of each session until collected by their parent or guardian.
- In matters of teaching, the coaches' word is final.
- Gymnasts should not use bad language.
- Coaches' may suspend or remove a gymnast who displays inappropriate behaviour, or displays any action that may bring the club into disrepute.
- Gymnasts should not use mobile phones during sessions and phones must be on silent at all times.
- Labelled water bottles to be brought to each session.