



GYMNAST CODE OF CONDUCT

- Be polite and courteous all the time.
- Be respectful of equipment, other gymnasts and coaches.
- Listen to and follow all instructions from the coach and accept their decisions.
- Do not cheat in training, as the only person who loses out is you.
- Do not climb up on use any equipment unless instructed to do so by your coach.
- If you arrive at the gym before any of the coaches, you **MUST** wait outside until a coach arrives
- Dress appropriately as instructed by your coach – Please see our 'Gymnast Dress Code'.
- You must inform your coach of any injuries and illnesses you may have **before** warm up begins.
- You **MAY NOT** eat in the gym
- You must arrive on time (5 min before class) and you must be accompanied by a parent/guardian when arriving or leaving the gym
- No aggressive / violent behaviour, either verbal or physical, will be tolerated in the gym. If your coach finds your behaviour unsuitable, you will be removed from that session and your parents will be contacted. If this behaviour persists, you will be suspended from the class.
- Do not bring your mobile phone or any devices capable of taking videos or photographs into the gym or changing rooms. RGC will not be held responsible for any loss or damage to personal items while in the gym.
- Do not use language which others may find offensive both in the gym and while representing the club.

Gymnast dress code

Our dress code reflects the British Gymnastics Association and Gymnastics Ireland policy on appropriate dress for gymnastics activity. It is the responsibility of parents to ensure that children are appropriately dressed for class. This includes the removal of jewellery and the securing of hair. Coaches have the right to refuse to allow children to participate on grounds of reasonable safety if they attend inappropriately dressed.

Dress

- bare feet or socks
- leggings or tracksuit bottoms - no studs, ribbons, buttons, zips
- fitted tops (short or long sleeve) - no studs, ribbons, buttons, zips
- fitted shorts - no studs, ribbons, buttons, zips
- NO cropped tops will be permitted
- NO hooded sweatshirts/tops except for warm up
- NO jeans or casual trousers
- There should be no baggy clothing.
- The Head Coach must be advised of all jewellery or body adornments worn for religious or medical reasons so that a risk assessment can be made regarding personal safety.

Hair

Hair **must be tied back** or secured completely off the face. Long hair must be secured in a ponytail(s) or plaited. Soft hair ties only and flat hair clips. No hard protruding decorations.

Jewellery

The wearing of any jewellery whatsoever is strictly prohibited for gymnastics activities. This includes earrings and any other piercings, which must be removed for gymnastics class.