



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 at reception 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,
- 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,
- You may **NOT** bring your mobile phone or any devices capable of taking videos or photographs into the gym or changing rooms,
- Do not use language which others may find offensive.

.....Please tear off and return to reception.....

I have read the GYMNAST Code of Conduct and agree to its terms:

NAME: _____

Signed: _____
(gymnast)

Date: _____

If the gymnast is under 16 years of age, a parent or guardian is required to sign below.

I agree that my son/daughter sign the above and I accept that the terms of the Code of Conduct will apply to them whilst members of Rathgael Gymnastics Club:

Signed: _____
(Parent/Guardian)

Date: _____