

City of Canterbury Rhythmic Gymnastics Club Policy

Code of Conduct – Gymnasts

By signing up and registering with CCRGC you agree to adhere to the following Code of conduct for Gymnasts.

Failure to adhere to any of the following would lead to consequences set out in the club terms and conditions.

1. All members must participate within the policies, rules, and code of conducts at CCRGC and respect coaches, judges, and their decisions.
2. All gymnasts must be members/ registered with British Gymnastics. Gymnasts, who do not hold a valid British Gymnastics Membership, will not be able to attend training sessions. Parents must register their children by themselves using British Gymnastics website. www.british-gymnastics.org/memberships
3. As representatives of CCRGC during competitions and official events as well as everyday training, gymnasts must always display professional and respectful conduct and never participate in any form of bullying.
4. Gymnasts should put 100% effort into training and strive to always do their best, even if it means that they don't win every time, taking part is what really matters.
5. Pay close attention and listen to your coaches during training sessions. Follow their guidance, ask questions if needed, and always seek clarification if you're unsure about an instruction, skill, or routine.
6. Gymnasts must carefully follow all instructions by the coaches and behave in an appropriate manner before, during and after the sessions. They are not allowed to leave the premises without permission from the Lead Coach for safety and security reasons.
7. Gymnasts must not use mobile phones during their training session unless granted permission by a coach. Mobile phones must be either switched off/ put on silent and away in a bag for duration of training.
8. Gymnasts must come with the right equipment and always bring a water bottle.
9. Gymnasts must not smoke, consume alcohol, or take drugs of any kind whilst representing CCRGC at competitions, training sessions or other events.
10. Understand that poor attendance might result in withdrawal from competitions, shows or events.
11. All hair must be tied back neatly in a bun or folded plait. Gymnasts will be refused entrance to the class if they do not adhere to this requirement. All jewellery must be removed or safely taped/covered prior to class (for more information please check the British Gymnastics Body Piercing and Adornments Policy). Members should also ensure nail length is kept to a safe and hygienic length.
12. All gymnasts must wear suitable clothes for their training sessions- the torso must be always covered. Club uniform is required to be worn on Saturday training sessions and competitions/events.
13. As per the new BG policy- all gymnasts will be required to wear the full club tracksuit during any national competition presentation ceremonies.
14. All gymnasts are strongly advised to not buy any apparatus, equipment, and leotards without the direction of their coach. Failure to this, might result in having to buy the equipment twice.

15. Sharing equipment: we encourage the girls to share and help one another as teamwork is paramount to our club, however gymnasts should politely ask to use one another's equipment, before taking it under coaches' instructions. If the equipment is lost or damaged, the gymnast who has borrowed it is liable for replacement.
16. Gymnasts should inform their coach if they feel unwell or have an injury before the session starts.
17. Gymnasts should respect their coach and other gymnasts, bad language and misbehaviour will not be tolerated.
18. Focus on training; if you chat or mess about you may be asked to sit out. If you continue to behave in a way that is unsuitable, dangerous, or distracting, then you may be asked to leave the session and your parents will be asked to collect you. If this happens then you and your parents will be asked to meet with your coach to understand why this has happened and to find a resolution.
19. Gymnasts under 16 must not personally contact coaches or use social media (WhatsApp, messenger) for communication. Gymnasts aged 16-18 must have written parental permission to contact coaches. Gymnasts must not have/ follow any coaches from the club on any social media platforms.
20. Gymnasts must not leave the hall without informing the coach- this includes going to the bathroom.

By adhering to these rules, gymnasts can contribute to a positive and motivating environment for themselves and other gymnasts.

Consequences if a breach of any of the above occurs

The Gymnast's parent/guardian will be contacted in writing and a meeting requested to discuss the misconduct.

Depending on the severity of the breach, the following actions may be taken:

1. Verbal warning
2. Written warning
3. Temporary suspension from club and training
4. Termination of club membership