

# Code of Conduct

## Gymnasts

Saltire Team Gymnastics is committed to safeguarding and promoting the wellbeing of all its gymnasts. The club believes it is important that gymnasts, coaches and parents should, at all times, respect and understand the safety and welfare of others. Therefore, gymnasts and parents are encouraged to be open at all times and to share any concerns they may have with their child's coach or one of our Safeguarding Officers. The clubs Codes of Conduct fully adopts Scottish Gymnastics Policies and Procedures.

By becoming a member of Saltire Team Gymnastics, all gymnasts agree to:

- Train and compete within the rules and regulations of the club
- Show respect for other gymnasts
- Show respect for the coaches and accept decisions
- Arrive at training sessions, competitions or events prepared and on time and inform the coach if they are going to be late.
- Be registered with Scottish Gymnastics as a member of Saltire Team Gymnastics with the relevant level of SG membership
- Wear suitable attire for the whole of training, competition and events and keep kit (catsuit & leotards) fully on for the duration of the competition/event as per the club guidelines.
- Long hair must be always be securely tied back in a bun (Level 8 - 6 a bun is preferable but pony tail will be allowed)
- All jewellery must be removed prior to entering the training, competition or event arena
- Never bully other club members either on your own or in a group
- Respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion
- Not to bring items of value to training
- If mobile phones have to be brought to training, they must be switched off and kept in the gymnasts bag at all times
- Abide by the anti-doping regulations laid out by SG/BG and the WADA code
- Participate within the rules of competition and show respect to other gymnasts, coaches, judges and officials and their decisions
- Demonstrate fair play in and out of the gym/competition area and will not use foul abusive or offensive language
- Conduct myself in a proper manner at all times whilst representing the club and will promote myself in a positive light by avoiding behaviours which may bring the name of Saltire Team Gymnastics or Scottish Gymnastics to disrepute
- Not smoke, consume alcohol or take any controlled drugs whilst training or representing the Club at competitions or any other event
- Not use bad or inappropriate language
- Not leave the training, competition or event arena without the consent of their coach
- Children (anyone under the age of 18) should not leave the gym alone; parents/guardians should always come to the gym to collect their child. Children 12 years old and over can be given permission to leave the gym, a permission slip for leaving must be completed before the child is allowed to leave the gym hall alone.
- Children (anyone under the age of 18) should not leave the competition or event venue without being in the care of their parent, guardian, carer or other nominated person who has been given prior authorisation to collect that gymnast.
- Adhere to the clubs social media policy
- Pay any training, competition and event fees on time. Fees should be paid by direct debit.
- The club reserves the right to apply a late payment charge if fees remain unpaid more than 10 days after the due date or if a payment reminder is required.

If you are worried about something, don't keep it to yourself. Please speak to an adult that you trust. This could be a coach, Safeguarding Officer, teacher or parent.

Physical violence, verbal abuse or bullying will not be tolerated and failure to comply with this Code of Conduct will result in a disciplinary referral and may lead to exclusions from the Club and cancellation of membership.