

Code of Conduct

For Gymnasts representing the club at competitions, events and trips away

Saltire Team Gymnastics strive to ensure that children, young people and vulnerable adults are protected and kept safe from harm whilst participating in gymnastics activities. We will endeavour to promote the highest standards of care for participants.

Saltire has implemented an Equal Opportunities policy which we expect all of our members to abide by, it states that:

“All members must be treated fairly and equally and must respect the rights, dignity and worth of every human being, regardless of gender, age, ethnic origin, religion, political persuasion, or disability”.

To ensure a successful and enjoyable experience at competitions and events, it is important that gymnasts are aware of and follow the below Code of Conduct during any competition, event or trip away with the club.

- Gymnasts must demonstrate an acceptable level of behaviour at all times during events, trips and competitions and must accept that they are subject to the club disciplinary procedures if their behaviour is deemed to be inappropriate or disruptive
- Have respect for self and fellow gymnasts, coaches and officials at all times
- Gymnasts will show respect to their coaches and their decisions
- Gymnasts must refrain from criticising fellow gymnasts, coaches, the club or Governing Body
- Gymnasts must keep to the agreed timetable and report to the Team Manager if for any reason there has to be a change to their timetable.
- Gymnasts must remain as part of the group at all times. Gymnasts are not permitted to leave the accommodation or event venue without prior agreement with the team manager/Coach.
- Dress Codes:
 - Dress should always reflect the sport in a positive image. The club ¼ zip jacket plus club competition leotard / catsuit / kit should be worn when attending competitions or events where you are representing the club unless otherwise agreed with the Head Coach
 - For competitions - Gymnasts should wear full competition attire and keep kit on fully (catsuit & leotard) for the duration of the competition
 - For training - gymnasts must wear suitable training attire following Saltire's training dress code – if it is deemed unacceptable by coaches or officials, the gymnasts will be asked to change.
 - Training shorts must be of an appropriate length so as not to be revealing
 - Training tops should be fitted (no crop tops)
 - Jewellery must not be worn during training or competition
 - Long hair must be securely tied up in a bun
 - Evening dress code – casual wear is acceptable. As above, should not be revealing and if deemed unacceptable, the gymnast will be asked to change
- Abide by the Anti Doping Rules of Scottish Gymnastics that prohibit the use of banned substances and/or methods of doping.
- Possession or use of any illegal or prohibited drugs will result in immediate suspension.



- Gymnasts must refrain from public criticism of fellow members, coaches, the club or the Governing Body
- A team sign in/out register will be implemented at training sessions for all gymnasts.

Mobile Phones/Social Media

- Mobile phones may be used but are the sole responsibility of the gymnasts
- The club's social media policy must be followed at all times
- If there is any evidence of social media being used inappropriately, the facility to do so will be removed.

GYMNAST & PARENT ACCEPTANCE

Please click on the below link and fill in the form to accept that you have read and understood the following policy:

Code of Conduct for gymnasts representing the club in competitions and events

[Acceptance Form for Away Competitions and Events - Google Forms](#)