

# REBOUND GYMNASTICS CLUB

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## CLUB RULES

### CODE OF CONDUCT FOR GYMNASTS

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We are fully committed to safeguarding and promoting the well-being of all our gymnasts. The Club believes it is important that gymnasts, coaches, helpers and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. Gymnasts are, therefore, encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with either LYN BUCHANAN (Club Welfare Officer) or ERIN SIMPSON (Club Secretary and Deputy Head Coach).

As a gymnast and member of REBOUND GYMNASTICS CLUB you are expected to abide by the following club rules:

- All gymnasts must participate within the rules and respect coaches, judges and their decisions.
- All gymnasts must respect opponents and other Rebound gymnasts.
- Gymnasts should keep to agreed timings for training and competitions or inform their coach if they are going to be late.
- Gymnasts must wear suitable attire for training and events as stipulated by the Head Coach - keep long hair tied back and remove all body jewellery.
- Gymnasts must pay any fees for training or events promptly.
- Gymnasts should treat all equipment with respect.
- Gymnasts must inform the Head Coach of any injuries or illness they may have before the warm-up begins.
- Gymnasts should not chew gum during a session.
- Gymnasts must not use bad language.
- Gymnasts should remain with coaches at the end of a session until collected by their parent or guardian.