



**Freedom RG**

**Gymnast**

**Code of Conduct**



Gymnasts are expected to:

- Arrive on time
- Dress suitably for their class
- Always follow the instructions of their coach
- Only use equipment when instructed to do so by a coach.
- Gymnasts must participate within the rules and respect coaches, judges and their decisions.
- Gymnasts must respect opponents and fellow club members.
- Gymnasts should keep to agreed timings for training and competitions or inform admin, or if they are going to be late.
- Gymnasts (or their parents) must pay any fees for training or events promptly.
- Gymnasts must inform the Head coach of any injuries or illness they may have before the warm-up begins.
- Gymnasts should not eat or 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.
- Gymnasts must be a full member of the British Gymnastics Association and Freedom RG Club before participating in any classes.

The gymnast's dress code is:

- Training leotard, fitted shorts, fitted top (or professional Club uniform)
- Hair should be tied back and off the face
- No jewellery is to be worn in the gym

Gymnasts will lose their place if they fail to:

- Attend training sessions on a regular basis without good reason and notification
- Arrive on time
- Conform with the dress code
- Pay (or their parents') fees by the specified invoice date
- Always maintain a good standard of behaviour
- Always follow the instructions of the coach

Freedom RG has a responsibility for the safety of its staff and members and will not tolerate any aggression towards them. All disciplinary matters or complaints should be directed to the Club Secretary.