

SHARECROFT GYMNASTICS CLUB CODE OF CONDUCT FOR PARENTS

Parents are asked to abide by the following Code of Conduct. This has been designed to help ensure that all of our participants and visitors have a positive experience and that the atmosphere in our gymnasium and viewing area is a positive and friendly one and that a strong “team spirit” is established which includes everyone involved with Sharecroft Gymnastics Club

Parents will:-

- Ensure that their child attends their class on time
- Ensure that their child is dressed properly for their class (has no loose clothing, long hair tied back neatly and out of their face and is not wearing any jewellery - see the Gymnasts code of conduct for further details)
- Do their best to encourage their child to abide by the Code of Conduct for Gymnasts
- Ensure that their child has an adequate supply of an appropriate drink to last the duration of their class, particularly in hot weather
- Remind their child of the importance of listening to and following the instructions of their coaches
- Inform a coach of any disability, injury or ailment which may affect their child’s performance or safety in the gymnasium, or the safety of others
- If using social media and discussing their child’s gymnastics, do so in a sensible and positive manner which reflects well upon themselves, their child and the club
- Be a positive role model for their child by encouraging sportsmanship, showing courtesy, respect and support for all gymnasts, coaches, officials and spectators
- Teach their child that doing one’s best is more important than winning
- Emphasize skill development and learning to their child, over winning
- Respect the officials and their authority during competitions

Parents will not:-

- Force their child to participate in gymnastics against their will
- Use alcohol, tobacco or drugs at training session or during competition

- Engage in any negative, unsportsmanlike conduct, including on social media sites
- Ridicule or shout at their child or any other child for making a mistake or losing a competition
- Discuss, question or confront coaches during a training session or competition (instead parents should speak to the coach with any queries at an appropriate and mutually agreed time and place)
- Never instruct their child not to listen to a particular coach or suggest that a coach is wrong
- Attempt to communicate with their child or another child during a training session (including during meal, drink or toilet breaks) except in the case of an emergency
- Parents should use email, text or book an appointment to discuss a child's progress, competition levels etc, texting is not always an appropriate format for this kind of discussion
- **FOR COMP SQUAD GYMNASTS ONLY:** Please note that gymnasts will be expected to carry out conditioning and stretching exercises at home. Parents may wish to monitor this to a degree to ensure that the gymnast is doing the exercises. The gymnasts will be aware of how the exercises should be performed. If a parent has any query they should ask a coach. However, all children who are set home conditioning exercises should be mature and motivated enough to do the exercises correctly on their own and without continual supervision. The development of the ability to self-motivate and work alone is an important skill for every gymnast and should be encouraged (Coaches will soon be able to tell if a gymnast is not conditioning properly and they will struggle with training if this is the case!)
- The "No coaching at home" rule extends to giving simple "tips" such as "keep your legs straight", "stay tight" or "point your toes". If a gymnast is making a basic error such as this the coach will have noticed it and will be dealing with it. The parent does not need to. Alternatively, the coach might be dealing with one particular other technical error in the move first and if the coach wishes the gymnast to concentrate on that, it is then disruptive and confusing for the gymnast to receive a different instruction from a parent.

Sharecroft Gymnastics Club also believes that a healthy, balanced and happy child will have a clear divide between gymnastics and home life with no overlap. A child needs to feel their parents will be equally proud of them irrespective of how well their training went or the results of a competition. Parents are discouraged from becoming overly involved in the intricacies of their child's training. The gymnast needs to receive their gymnastics instruction from one source - their coaches, and their parenting from one source - their parents. The two must stay separate.

