



Gymnast Code of Conduct

Gymnasts are expected to attend every scheduled training session.

You must dress suitably and by the end of your first term have purchased a leotard (girls) or polo shirt and shorts. No shoes are needed.

Make sure hair is tied up and away from face and above the shoulders.

No jewellery whatsoever, including ear studs or body piercing. Your insurance is invalidated if jewellery is worn. This is a no tolerance policy.

Aim to do your best in every session. Any worries or concerns, the club encourage you to talk to your coaches or your club welfare officer.

Show respect to coaches, helpers and other gymnasts at all times.

Turn off all mobile devices and do not use them during your session.

Should an injury occur, please ensure you have informed a coach as soon as it happens.

What the club expects

Listen carefully and follow instructions from the coaches at all times.

Maintain a good standard of behaviour.

Know the bullying and/or harassment will not be tolerated at Sharecroft.

Be polite and considerate to others at all times.

Be patient. Wait your turn sensibly.

Support and encourage your team mates/fellow gymnasts.

Take pride in your club.

Report and absences as soon as practically possible.

Always bring a drink to sessions.

Please give at least 3 weeks' notice if you wish to leave the club as spaces are precious.