

Elstree School of Gymnastics Ltd Participants Code of Conduct

Elstree School of Gymnastics Ltd is committed to safeguarding and protecting the well-being of all of its members. Members are encouraged to share any concerns or complaints with Lindsay Digweed (Club Manager), Gemma Young (Club Manager) or Vanessa Bunn (Welfare Officer).

As a gymnast it is important that you abide by our codes of conduct. We ask that you do the following:

- I will learn my routines in time for all events.
- I will support my fellow gymnasts in all that they do, providing praise and support.
- I will always try my best.
- I will show respect and understanding for the safety and welfare of others.
- I will treat all equipment with respect.
- I will be aware and considerate of other users of the facility.
- I will use appropriate language at all times.

- We have a zero tolerance jewellery policy – all jewellery must be removed before the class by the gymnast or parent NOT a coach. Those with new piercings are permitted to have these covered with tape for the first six weeks.
- Long hair must be securely tied back with no hard bobbles or accessories.
- Shoes are not permitted in the gym and must be removed before entering. Gymnasts must have bare feet for all classes.
- Gymnasts must wear appropriate clothing, preferably a leotard and club tracksuit – no denim, skirts, tutus, or zips and tassels on clothing.
- Artificial nails must not be worn.
- No belongings in the gym – please leave these with an adult or in the changing rooms. Please be aware that as there are no lockers we strongly advise leaving valuables at home. The club will take no responsibility for lost or stolen items.
- Gymnasts' mobile phones are not permitted in the gym under any circumstances.
- No food or chewing gum in the gym.
- Please go to the toilet before class. All toilet and water breaks must be permitted by the coach.
- Wait outside the hall until you are asked to come in.
- Under 11s must be supervised by a parent/guardian or coach whilst in the building, gymnasts must stay with the coach until they are collected from the hall door by their parent/guardian or the coach permits them to leave.
- Gymnasts must inform their coach of any illness or injury before the warm up begins.

Competitions and Displays

- Members must not smoke or take drugs of any kind whilst representing the club at events.
- Please remember that whilst in club uniform you are representing the club wherever you are and as such should behave appropriately.
- Respect coaches, judges and final decisions.