

Parents Code of Conduct

- Remember that children participate in this sport for their benefit, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Remember that children learn best by example.
- Respect coaches' and other officials' decisions and teach children to do likewise.
- Show appreciation of volunteers, coaches, officials, and administrators. Without them, your child could not participate.
- Criticism of other people's children / coaches can be upsetting to all and is frowned upon by this club. Please refrain from this.
- Any problems regarding your child, please speak directly to the appropriate coach.
- Encourage. Don't criticise.
- In the case of absence, a message should be left with the gym, prior to the start of the training session.

Squad Gymnasts & Parent Guidelines

Training/Competition

- Female gymnasts should wear a one-piece gymnastic leotard (not a swimsuit or a dance suit with narrow shoulder straps). Male gymnasts should wear short & T-shirt Tracksuits and/or t-shirts maybe worn during the warmup period but must be removed for the rest of the training session, as they constitute a danger to both the gymnast and the coach.
- No jewellery whatsoever, including ear studs or body piercing adornments to be worn at any time during training or competition. This constitutes a safety hazard and British Gymnastics and their Insurers have made it a no- tolerance policy.
- Hair must be neatly tied up, out of the gymnast's face.
- A club leotard must be worn for all competitions, which are supplied by the club.
- Hand guards, wristbands and chalk are the gymnast's responsibility; these can be purchased from the club.
- Gymnasts are expected to attend every scheduled training session. Gymnasts are encouraged not to miss training except for serious reasons (illness, medical appointments etc). Gymnasts or Parents should inform their respective coach of any planned absence or holidays as soon as possible, as competitions are all year round. Their training is planned out for these competitions. One week away from the gym can set back training by anything up to a month.
- In the case of illness, a message should be left with the gym, prior to the start of the training session.
- Gymnasts with an injury may still attend training sessions and work around this injury to ensure their flexibility and strength is kept up. A long period of time off

can also affect the gymnast socially as well as physically. Please communicate with your child's coach.

- Please ensure that your child's coach is present, or expected, before you leave.
- Gymnasts should arrive a few minutes before the start of training for preparation or to go to the toilet. All gymnasts should attend the warmup. It is an essential part of the training that helps the prevention of injury.
- Arriving 5 minutes after the session has started may result in your child being unable to gain access for their session.