



1. At Salto Gymnastic Club we expect high standards of behaviour from all Gymnasts in the Club regardless of what Discipline they train in. We do not tolerate any inappropriate or unacceptable behaviour within the Club. This is a Policy that will be adopted across the whole Club to ensure that all of our Gymnasts are treated fairly and equally.

1.1 Standards Expected from Gymnasts at Salto Gymnastics Club:

- Gymnasts do their best and enjoy themselves
- Represent their Club with pride
- Treat their Coaches and any Coach that they may speak to with respect
- Respect other members of their Group by supporting them, treating them equally and fairly
- Respect Officials and other Members of the Club
- Respect fellow Competitors
- Gymnasts respect their Coach and decisions they may make regarding their training.

1.2 Gymnasts at Salto Gymnastics Club Should Not:

- Use abusive language
- Shout or argue with Coaches, Officials or other Members of Staff
- Bully other Gymnasts or children within the Club
- Spread rumours or gossip about other gymnasts/children or Coaches
- Bring harm to another member of their group/team/squad

1.3 Gymnasts at Salto are entitled to:

- Be safe and feel safe
- Be happy, have fun
- Enjoy their training
- Be treated with respect and dignity
- Comment and make suggestions in a constructive manner
- Make a complaint, if necessary, and be listened to
- Experience Competition at a level where they feel comfortable
- Say No to anything that makes them feel uncomfortable
- Trust that their Coach will assist them if they need help
- To protect their own bodies

## 2. Behaviour and Sanctions in Place

### 2.2 Minor

- Persistent talking and disruption of the Coaches while they are coaching
- Talk back or disrespect towards Coaches and/or Assistants
- 'Horseplay' which does not cause injury
- Continuous noncompliance with instructions of a Coach or an Assistant

### 2.3 Sanctions if minor behaviour occurs: 3 Strike system

1. Verbal warning from the coach
2. Taken aside for a second verbal warning
3. Sat out for 5 minutes of their activity – Parents informed at the end

### 2.4 Serious

- Offensive language or gestures towards another Gymnast, Coach or Member of the Club
- 'Horseplay' which has caused injury, accidental or otherwise
- Persistent noncompliance with a Coach or Assistant
- Not telling the truth

### 2.5 Sanctions if serious behaviour occurs

- A formal warning with another Coach present
- A formal warning with a Parent present

### 2.6. Critical

- Bullying in any form, (Verbal, Physical etc.)
- Wilful damage to an individual or Club property
- Theft of an individual's or Club property
- Shouting or arguing with a member of Staff, Coach, Official or team/group member.

### 2.7 Sanctions if Critical behaviour continues

- A written warning
- Meeting with Senior Staff Member and Coach; the Parents and Gymnasts given advice on a way forward and are warned that it may lead to them being asked to leave the Club