

## **SALTO Gymnastics Charitable Foundation**

### Gymnast and Participants Code of Conduct



At SALTO Gymnastics Club, we want every gymnast to feel safe, welcome, and supported. We expect everyone to show respect, kindness, and good behaviour at all times.

If you ever have a worry or something doesn't feel right, speak to your Coach, the Welfare Officer, or the Management Team - we are here to help.

#### 1) Respect, Kindness & Inclusivity

- Be kind and respectful to everyone; gymnasts, coaches, staff, officials, visitors, and competitors.
- No bullying, teasing, discrimination, or unkind behaviour; in the gym or online.
- Use polite and appropriate language at all times.
- Accept judges' and coaches' decisions during training and competitions.

#### 2) Listening & Safety

- Listen carefully and follow your coach's instructions to keep you and others safe.
- Take part within the rules of the gym at all times.
- Stay with your coach or the Reception Team at the end of your session until collected by your parent/guardian.

#### 3) Attendance & Communication

- Arrive on time for training and competitions.
- If you will be late or absent, your parent/guardian must inform your coach or the club.
- Bring worries, concerns, or questions to your coach, Welfare Officer, or Management Team not via social media.
- If your child is late to sessions for a one hour session if they are more than 10m late and have missed the warm up you will not be permitted to participate for the remainder of the class. For squads this will be subject to coach discretion.

#### 4) Clothing, Hair & Personal Appearance

- Wear suitable gymnastics clothing for training and events, as agreed with your coach.
- Long hair must be tied back securely.
- False nails must not be worn for safety.
- Maintain good personal hygiene.
- All jewellery must be removed.

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Newly pierced ears may be taped for six weeks and recorded in the Earring Register.

After six weeks, earrings must be removed

#### 5) Health, Medication & Substances

- Tell a coach before your session if you feel unwell or have an injury.
- Do not smoke, drink alcohol, or take drugs while at the club or when representing SALTO.

#### 6) Food, Drink & Gum

- Only water is permitted in the gym.
- Food, fizzy drinks, and chewing gum are not allowed in the gym hall.

#### 7) Mobile Phones, Photos & Social Media

- No mobile phones or personal devices to be used in the gym hall.
- Photos or videos may only be taken if authorised by the club and in line with club safeguarding rules.
- Be courteous and kind online. Do not contact coaches, staff, or volunteers on personal social media.

#### 8) Effort, Attitude & Team Spirit

- Try your best and take part with a positive attitude.
- Encourage others and celebrate everyone's progress.

#### 9) Equipment & Facilities

- Treat all equipment, mats, and the building with care and respect.
- Follow coach instructions on how to use equipment safely.

#### 10) Valuables & Personal Property

- Do not bring valuables to the club.
- The club cannot be responsible for lost or missing items.

#### 11) Appropriate Touch in Coaching

- Coaches may use supporting (spotting) techniques to help you learn safely.
- This will always be professional and respectful.

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- If you ever feel uncomfortable, tell your coach, the Welfare Officer, or a trusted adult straight away.

#### 12) Moving Around the Building & Car Park

- Walk inside the building - no running in reception or corridors.
- Be careful and stay with your adult in the car park.

#### If You're Worried or Need Help:

- Talk to your Coach, the Welfare Officer, or the Management Team.
- You can also ask your parent/guardian to help you speak to us.
- We will listen, take you seriously, and help keep you safe.

#### Acknowledgement

By attending sessions or representing SALTO Gymnastics Club, all gymnasts agree to follow this Code of Conduct.