



Salto Gymnastics Club: Gymnasts Code of Conduct

Salto Gymnastics Club is committed to safe-guarding and promoting the well being of all its gymnasts. The Club believes that it is important that gymnasts, coaches, administrators, and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. gymnasts are encouraged, therefore, to be open at all times and share any concerns or complaint that they may have about any aspect of the Club with the Management Team or Welfare Officer.

As a member of Salto Gymnastics Club, you are expected to abide by the following Club rules:

- Be kind at all times
- All gymnasts must participate within the rules and respect Coaches & Judges and respect their decisions
- All gymnasts must show respect to opponents and fellow club members
- Gymnasts should keep to agreed timing for training and Competitions and inform their Coach/the Club if they are going to be late (via their Parents/Guardians)
- Gymnasts must wear suitable attire for training and events as agreed with their Coach.
- All long hair must be tied back, and all body jewellery must be removed.
- Gymnasts will not be allowed to participate while wearing jewellery, piercings may be taped for the initial 6 week healing period – this will be recorded in the 'Earring Register' and must be removed on completion of the 6 weeks. Gymnasts are not under any circumstances permitted to wear jewellery following this time period.
- Artificial nails must not be worn for gymnast's own safety
- Gymnasts should practice good personal hygiene
- Gymnasts must not smoke, consume alcohol or take drugs of any kind whilst training or representing the Club at Competitions or any other Events
- Gymnasts should treat all equipment with respect at all times
- Gymnasts should inform the club of any injuries or illness that they may have prior to starting their session
- Chewing Gum is not permitted in Salto Gymnastics Club
- Gymnasts are not permitted to use bad language
- Gymnasts should remain with their coach (or Reception Team) at the end of the session until collected by their Parent or Guardian
- Gymnasts should not bring valuables into the Club, we cannot be held responsible for such item
- Gymnasts are not permitted to have any coaches/staff or volunteers on social media
- Gymnasts are asked to bring any issues, conflicts or questions to their coach, welfare officer or a member of the management team. Share concerns or complaints through the appropriate channels ie. An email to reception, manager, or head coach – Not via social media or any other means
- We ask that gymnasts are courteous and kind to other gymnasts/members of the club over social media.