

# Elevate Gymnastics Code of Conduct

Applies to all members, parents/guardians, and supporters at training, competitions, and Elevate events. At Elevate Gymnastics we are committed to a safe, positive, respectful environment where all gymnasts can learn, improve, and enjoy the sport. This Code of Conduct outlines the standards of behaviour expected from everyone involved in our club.

## Our Values

- Safety first
- Respect for all
- Hard work & positive attitude
- Good sportsmanship
- Team spirit & inclusivity

## 1) Code of Conduct for Gymnasts

All gymnasts are expected to:

### 1.1 Respect & Behaviour

- Treat coaches, teammates, judges, staff, volunteers, and other clubs with respect at all times.
- Use appropriate language; bullying, teasing, intimidation, or harassment is not tolerated.
- Listen when coaches are speaking and follow instructions promptly.
- Gymnasts are expected to uphold high standards of behaviour as a group, setting a positive example for one another at all times.
- Show sportsmanship, win humbly, lose gracefully, and support teammates.

### 1.2 Safety & Training Standards

- Arrive on time and ready to train.
- For safety, comfort, and effective coaching, we ask all gymnasts to follow our clothing guidelines:
  - A leotard or slim-fit sportswear (leggings/shorts and a fitted top).
  - Clothing should be close-fitting, stretchy, and allow full freedom of movement. This helps coaches support skills safely and prevents fabric from catching on apparatus.
  - Crop tops are only permitted under a leotard, or when a coach specifically allows them for training that requires no skin-to-skin

contact for safe support. These expose the torso, which can cause discomfort or friction during spotting.

- Toe shoes are recommended.
  - Official training kit is recommended, but not mandatory for recreational gymnasts.
  - Hair must be tied up neatly, preferably in a bun.
  - Hoodies are only permitted to be worn during warm-up. Layered clothing is recommended during colder months, especially when travelling to and from sessions to help keep your gymnast's muscles warm and protected.
  - All jewellery must be removed before class in accordance with British Gymnastics Body Piercing and Adornments policy. Recent piercings may be taped for up to six weeks during the initial healing period; after this time, all piercings must be removed before participating in any gymnastics activities.
- Warm up properly, use equipment safely, and ask a coach before attempting new skills.
  - Tell a coach immediately if you feel unwell or injured.
  - No climbing on equipment or using apparatus without coach supervision.

### **1.3 Attendance & Effort**

- Give your best effort, stay focused, and encourage others.
- If you cannot attend training, inform the club/coach via the approved method as early as possible.
- Accept feedback positively, coaching corrections help you improve.

### **1.4 Phones & Social Media**

- Phones should be away during training unless a coach permits use for training purposes.
- Be respectful online, no negative posts, gossip, or sharing images/videos of others without permission.
- Do not post competition routines or club content if restricted by event rules.

### **1.5 Changing Rooms & Privacy**

- Respect personal privacy. No photography or filming in changing areas.
- Keep changing rooms tidy and behave appropriately.

## 2) Code of Conduct for Parents/Guardians (At Training)

Parents and guardians are vital to a gymnast's success. We ask that you help us maintain a focused and supportive training environment.

### 2.1 Parent Viewing Rules

- **Parents/guardians are only permitted to watch "taster sessions"** for new gymnasts unless the club explicitly invites viewing for a special event or open session.
- After the taster session, **all regular training takes place as a closed session** to ensure focus, safety, and reduced distractions for all gymnasts.
- Parents must **not** enter the training area, walk across mats, or approach equipment at any time.
- If you need to speak to a coach, please do so **before or after** a session, or via the club's communication channels, not during training.

### 2.1 Respectful Communication

- Communicate politely with coaches and staff; abusive, aggressive, or undermining behaviour is not acceptable.
- Support all gymnasts, avoid comparisons, criticism, or negative commentary.
- Raise concerns calmly and privately through the club's communication channels (not during sessions).

### 2.2 Coaching & Viewing Etiquette

- Allow coaches to coach: do not shout instructions, distract your child, or approach apparatus during training.
- Follow club rules on viewing areas. If viewing is not permitted (or limited), please respect this.
- Avoid discussing selection, scores, or other gymnasts in front of children.

### 2.3 Safety & Supervision

- Ensure your gymnast arrives and is collected on time. Gymnasts must be dropped off and picked up by a parent or legal guardian. It is the parent's responsibility to ensure their child arrives safely **inside the venue and into their class**, for safeguarding we request a face-to-face hand over of responsibility. Coaches will not dismiss a gymnast at the end of a session unless a parent or guardian is present to collect them. This rule is in place to ensure the safety and wellbeing of all athletes.
- Parents are responsible for ensuring that gymnasts consistently demonstrate high standards of behaviour. This includes supervising siblings,

making certain there is no running, climbing on equipment, or entering training areas without permission.

- Follow all venue safety rules, parking guidance, and entry/exit procedures.

## 2.4 Social Media & Photos at Training

- Photography/filming is only allowed where the club permits it and never in changing areas.
- Do not post images/videos of other gymnasts without their parent/guardian's consent.
- Do not tag the gymnast, club or location if the club requests privacy for safeguarding reasons.

## 3) Photography & Video Policy

To protect gymnasts' privacy, safety, and concentration, Elevate Gymnastics follows strict guidelines on photography and filming.

### 3.1 Photography & Video at Training

- Photography and video recording by parents is not permitted at regular training sessions.
- This applies to phones, tablets, cameras, smartwatches, and any recording device.
- The club may occasionally allow filming for:
  - Coach-approved skill development or courses
  - Choreography learning
  - End-of-term showcases
  - Marketing content (with prior consent)
- If filming is authorised, parents will be notified in advance.
- No photography or filming is ever allowed in changing areas.
- Gymnasts may not film or take photos of other gymnasts without permission from coaches and the other gymnast's parent/guardian.

### 3.2 Photography & Video at Competitions

- Events often have their own rules which we must follow. Therefore:
- Parents may take photos or videos **at competitions if permitted by the organisers.**
- If allowed:
  - Images must be of **your own child only.**

- Do not post images or videos of other gymnasts online without consent.
- Flash photography is usually prohibited for safety reasons.
- If filming is banned by the event, parents must comply, judges or organisers may remove you for non-compliance.
- Some competitions provide a **professional photographer or videographer**, and personal recording is not permitted.

### 3.3 Social Media & Online Sharing

- Always be respectful when posting anything related to Elevate Gymnastics.
- Do not post:
  - Negative or critical comments about gymnasts, coaches, judges, or other clubs.
  - Videos of routines from competitions where filming was restricted.
  - Content showing other gymnasts without consent.
- If the club requests that certain athletes, locations, or sessions remain private for safeguarding reasons, this must be respected.

## 4) Code of Conduct at Competitions

Competitions are an opportunity to represent Elevate Gymnastics with pride.

### 4.1 For Gymnasts

- Follow coach instructions and remain with your group unless permitted otherwise.
- Be respectful to judges, volunteers, competition staff, and other clubs.
- Maintain appropriate language and behaviour, no arguing, tantrums, or rude gestures.
- Support teammates: clap, encourage, and celebrate effort and improvement.
- Wear approved competition kit and bring required items (hair grips, water, snacks, etc.).
- Use phones respectfully and only if permitted by the coach and event rules.

### 4.2 For Parents/Supporters

- Be positive and respectful, cheer appropriately and avoid comments about judging or other gymnasts.
- Do not approach judges, officials, or volunteers regarding scores or results.
- Follow event rules on photography and seating.

- Allow the coach to manage the gymnast's warm-up and competition plan.
- If you have a concern, speak to the head coach after the event (not on the competition floor).

#### 4.3 Results, Selection & Feedback

- Selection decisions (teams, squads, routines) are made by coaches based on performance, readiness, attendance, attitude, and safety.
- Results will be treated as learning opportunities—coaches will provide feedback in an appropriate time and place.

## 5) Code of Conduct at Other Events (Displays, Camps, Fundraisers, Trips)

This section applies to club displays, workshops, camps, awards events, travel, fundraising, photoshoots, and community events.

### 5.1 General Behaviour

- Members represent Elevate Gymnastics at all times—behaviour should reflect our values.
- Respect staff, venues, and public spaces; follow instructions and event timetables.

### 5.2 Safety & Welfare

- Follow safeguarding expectations and appropriate boundaries.
- Any accidents, injuries, or welfare concerns must be reported to a coach/event lead immediately.
- For trips/camps, gymnasts must follow supervision rules, curfews (if applicable), and group instructions.

### 5.3 Alcohol, Smoking & Prohibited Items (Events/Trips)

- Gymnasts must not possess or use alcohol, vaping devices, tobacco, illegal substances, or any prohibited items at Elevate activities.
- Adults must not be intoxicated at events where they are responsible for children.

## 6) Breaches of the Code of Conduct (How We Handle Issues)

We aim to resolve issues fairly, consistently, and in the best interest of gymnast welfare.

### 6.1 Possible Responses (depending on severity)

- Verbal reminder / clarification of expectations

- Written warning
- Temporary removal from the activity/session/event
- Meeting with parent/guardian and head coach
- Suspension from training or events
- Termination of membership (for serious or repeated breaches)

## 6.2 Serious Misconduct

Behaviour that may lead to immediate suspension/removal includes:

- Aggression, threats, harassment, bullying, discrimination, or intimidation
- Unsafe behaviour that risks injury
- Serious disrespect to staff/officials/judges
- Repeated disruption to training or events
- Safeguarding concerns or breaches of privacy (e.g., unauthorised filming in sensitive areas)

## 7) Agreement

By registering with the club and participating in Elevate Gymnastics activities, all gymnasts and parents/guardians agree to follow this Code of Conduct and support a safe, respectful environment.