

Harrow School of Gymnastics is committed to providing a friendly, inclusive environment for everyone to feel safe, respected and listened to.

All coaches and officials also must adhere to the [British Gymnastics Standards of Conduct for Coaches & Officials](#).

All coaches within Harrow Gymnastics agree to abide by the following Code:

Coaches must:

- Respect and uphold the values of Harrow School of Gymnastics
- Act as a positive role model and lead by example
- Demonstrate good coaching practice and provide motivation to all gymnasts and coaches
- Place the wellbeing and safety of the gymnast above the development of performance
- Hold a valid and nationally recognised British Gymnastics qualification, Enhanced Disclosure, Safeguarding & Protecting Children qualification and British Gymnastics membership
- Encourage and guide gymnasts to accept responsibility for their own behaviour and performance
- Ensure all activities are appropriate for the age, maturity, experience, and ability of the gymnasts
- Ensure all participants are suitably prepared, both physically and mentally, and allow for appropriate hydration and re-fuelling during training
- Ensure they are clear regarding their expectations of the gymnasts and what the gymnasts can expect from their coach
- Display high standards of behaviour and appearance and not wear jewellery whilst coaching
- Not allow gymnasts to leave the gym without a responsible adult (primary school age)
- Check all equipment before use
- Follow the guidelines set out in the British Gymnastics Safeguarding and Protecting Children Policy
- Ensure that the gymnast is fit to train and not promote continued training for an injured gymnast
- Always be aware of how words and actions affect others, understand that bullying will not be tolerated, and report concerns that someone in the gym is being treated unfairly or bullied
- Respect all other coaches, staff, judges, officials, volunteers, and gymnasts at all times
- Be supportive of each other, communicate and work as a team
- Not use inappropriate language at any time whilst involved with Club activities
- Never consume alcohol immediately before or during training or competition
- Understand that there is a need to work together with parents/carers for the benefit of the gymnasts
- Develop an appropriate working relationship with everyone based on mutual trust and respect
- Deliver positive, progressive, fun and safe sessions
- Ensure all participants are suitably prepared, both physically and mentally when learning new skills
- Make sure that confidential information is not divulged unless with the express approval of the individual concerned
- Report any incidents, referrals, or disclosures immediately
- Encourage gymnasts to value their performances and not just results
- Not use mobile telephones at any time during a coaching session
- Supervise the dispersal of gymnasts at the end of each session (at the door)
- Communicate with parents/guardians as required e.g., advising of an injury
- Not interfere with or distract others whilst working including in the office or on the gym floor
- Treat club property with respect
- Not send abusive, threatening, or inappropriate messages