

Harrow School of Gymnastics wants you to feel safe, respected, listened to and able to train in a friendly, inclusive environment.

You will agree to abide by the following code of conduct:

I will:

- Be on time for my class and ready to train.
- Wear suitable clothing – leotard/shorts/leggings/track bottoms/ t shirt/ sweatshirt with long hair tied back and all jewellery removed.
- Be on time for the warmup – essential to prevent injury.
- Fuel my body efficiently for gymnastics. Make time for recovery including good nutrition and sleep.
- Tell my coach if I have any injuries/illness before the warmup or immediately if I injure myself or feel unwell during the class.
- Use the toilets before the lesson starts.
- Take care of all equipment.
- Listen to and always follow the instructions of my coaches. I will ask questions if I do not understand.
- Be committed to my training, always try my best and not afraid to make mistakes.
- Always be aware of how my words and actions affect others. I understand that bullying will not be tolerated, and I will tell a coach if I think that someone in the class is being treated unfairly or being bullied.
- Respect all coaches, judges, officials, and other gymnasts at all times.
- Be a positive role model for other gymnasts and my Club and celebrate success.
- Always show awareness and respect for everyone's differences.

I will not:

- Enter the gymnasium until a coach is present.
- Use the equipment without a coach's permission and I will not attempt a skill without the permission, support or supervision of a coach.
- Leave the gym during a lesson without permission from my coach.
- Use bad or inappropriate language.
- Attend training if I am injured or unwell unless discussed fully with my coach first.
- Eat or chew gum in the gym.
- Use a mobile phone in the gym.
- Be rude or disrespectful to anyone.
- Criticise another gymnast.
- (Primary school children) Leave the gymnasium without my parent/guardian.
- (Primary school children) Walk to or from the car park on my own – I must be always escorted to and from the gym by my parent/guardian (Secondary school children may walk to/from the car park).

The use of sanctions is an important part of maintaining proper Codes of Conduct. They are fair and will be progressively applied if specific offences are repeated. The following disciplinary procedure will be followed by the Club according to the severity of the unacceptable behaviour.

Minor Behaviour issues:

- Persistent talking and disruption while coaches are coaching.
- Disrespect or cheek towards anyone else.
- General silly behaviour which has not caused injury.
- Non-compliance with instructions of a staff member or volunteer.

Possible Sanctions:

- Verbal warning.
- Taken aside and a 2nd verbal warning.
- Sit out for 5 minutes. Parents informed & reminded of Code of Conduct.

Moderate Behaviour issues:

- Offensive language or gestures towards anyone.
- Evidence of bullying in any form (verbal, physical social media etc).
- Silly behaviour which has caused injury-accidental or otherwise.
- Repeated non-compliance with instructions of a staff member or volunteer.
- Misuse of or minor damage to equipment and club property.
- Encouraging others to misbehave

Possible Sanctions:

- Sit out for up to 15 minutes. Parents informed & reminded of Code of Conduct.
- A formal verbal warning with another coach present.
- A formal warning with parent present with a possible suspension from the next lesson.
- Welfare officer informed.

Serious Behaviour issues:

- Repeated bullying in any form (verbal, physical, social media etc).
- Wilful damage to any equipment or property.
- Physical assault.
- Theft.
- Repeatedly encouraging others to misbehave
- Repeated use of offensive language or gestures towards anyone.

Possible Sanctions:

- Immediate discussion with parents and a written warning, welfare officer informed.
- Child will be sat out and parent asked to collect them.
- Possible temporary or permanent exclusion from Club.