

Cambridge Gymnastics Club

Gymnast Code of Conduct



This code of conduct has been created to ensure the safety, discipline, and positive environment at Cambridge Gymnastics Club.

1. Respect and Sportsmanship:

Gymnasts are expected to treat coaches, staff, fellow gymnasts, and equipment with respect. They should demonstrate good sportsmanship, both during training sessions and competitions, by encouraging and supporting their teammates.

2. Attendance and Punctuality:

Gymnasts are required to arrive on time for training sessions, competitions, and any scheduled events. Regular attendance is essential for skill development and team cohesion. If a gymnast is unable to attend, they should inform their coach or the or the Club Administrator.

3. Dress Code and Personal Hygiene:

Gymnasts must adhere to the club's dress code, which include wearing appropriate gymnastics attire (e.g., leotards, shorts, t-shirts, nothing too loose as to constitute a hazard) and ensuring that long hair is tied back securely. Maintaining proper personal hygiene, such as clean bodies, trimmed nails, and appropriate use of deodorant, is also expected.

4. Safety Guidelines:

Gymnasts must follow safety guidelines and instructions provided by coaches and staff. This includes using equipment correctly, refraining from engaging in dangerous behaviors, and reporting any potential hazards or injuries immediately.

5. Communication:

Effective communication is important for gymnasts. They should actively listen to and follow instructions given by coaches and staff. If they have concerns, questions, or require assistance, they should approach their coach or an appropriate club representative in a respectful manner.

6. Prohibited Behaviors:

Certain behaviors are strictly prohibited, such as bullying, harassment, discrimination, cheating, or using inappropriate language. Gymnasts should understand the consequences of engaging in such behaviors, which may include disciplinary action or termination of club membership.

7. Electronic Devices:

Gymnasts are required to refrain from using electronic devices (e.g., phones, tablets) during training sessions to maintain focus and prevent distractions. If a gymnast needs to contact their caregiver, that can be done through the lead or senior coach.

8. Parent/Guardian Expectations:

Our Parent Code of Conduct includes expectations for parents/guardians, such as respecting coaches and staff, adhering to club rules and policies, and supporting their gymnasts in a positive and constructive manner.

9. *Disciplinary Procedures:*

In the event of a violation, disciplinary procedures will be followed. This may include verbal warnings, written warnings, suspension, or expulsion from the club, depending on the severity and recurrence of the behavior.