

# Mulbarton Gymnastics Club

## Code of Conduct for Gymnasts

### **Gymnasts will;-**

- \* Listen to and follow the instructions of their coaches at all times.
- \* Tell a coach if they have any injuries or feel unwell during a class.
- \* Try their hardest to achieve the tasks they are set.
- \* Tell a coach if they believe that another member of the class is being bullied or unfairly treated by other participants in the gym.

### **Gymnasts will not;-**

- \* Attend training if they are injured or otherwise unwell so as to mean that they cannot participate fully in the session (unless a prior arrangement has been reached with a coach).
- \* Eat during training sessions (other than if they need to eat for medical reasons)
- \* Leave the hall without first obtaining the permission of a coach.
- \* Attempt a new move or series of moves without the permission, support or supervision of a coach.
- \* Be rude or disrespectful to coaches.
- \* Criticize the performance of another participant to that or other participants.