

# Code of Conduct

## Gymnasts

Saltire Team Gymnastics is committed to safeguarding and promoting the wellbeing of all its gymnasts. The club believes it is important that gymnasts, coaches and parents should, at all times, respect and understand the safety and welfare of others. Therefore, gymnasts and parents are encouraged to be open at all times and to share any concerns they may have with their child's coach or one of our Safeguarding Officers. The club's Codes of Conduct fully adopts Scottish Gymnastics Policies and Procedures.

By becoming a member of Saltire Team Gymnastics, all gymnasts agree to:

1. Train and compete within the rules and regulations of the club
2. Show respect for other gymnasts
3. Show respect for the coaches and accept decisions
4. Arrive at training sessions, competitions or events prepared and on time and inform the coach if they are going to be late.
5. Be registered with Scottish Gymnastics as a member of Saltire Team Gymnastics with the relevant level of SG membership
6. Wear suitable attire for training, competition and events as per the club guidelines
7. Long hair must be securely tied back, all jewellery must be removed prior to entering the training, competition or event arena, not chew gum or eat whilst participating in a class
8. Treat all training / competition environments and equipment with respect and to do my best to keep equipment in good condition
9. Never bully other club members either on your own or in a group
10. Respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion
11. Not to bring items of value to training
12. If mobile phones have to be brought to training, they must be switched off and put in the valuables box before the start of the session. Phones will be returned to gymnasts at the end of the session.
13. Abide by the anti-doping regulations laid out by SG / BG and the WADA Code.
14. Participate within the rules of competition and show respect to other gymnasts, coaches, judges and officials and their decisions
15. Demonstrate fair play in and out of the gym / competition area and will not use foul abusive or offensive language
16. Conduct myself in a proper manner at all times whilst representing the club and will promote myself in a positive light by avoiding behaviours which may bring the name of Saltire Team Gymnastics or Scottish Gymnastics to disrepute
17. Not smoke, consume alcohol or take any controlled drugs whilst training or representing the Club at competitions or any other event
18. Not use bad or inappropriate language
19. Not leave the training, competition or event arena without the consent of their coach

20. If under the age of 16 not leave the training, competition or event venue without being in the care of their parent, guardian, carer or other nominated person who has been given prior authorisation to collect that gymnast.
21. Saltire actively encourage the positive use of social media. I agree not to engage in the inappropriate use of social media (i.e. Facebook, Twitter, Instagram etc.) This includes, but is not limited to, negative comments relating to Saltire staff, coaches, volunteers, officials, gymnasts and the governing body. I agree to refrain, at all times, from posting comments which can be interpreted as derogatory (slurs), demeaning, inflammatory etc. and understand that under no circumstances should offensive comments be communicated through these mediums.

If you are worried about something, don't keep it to yourself. Please speak to an adult that you trust. This could be a coach, Safeguarding Officer, teacher or parent.

Physical violence, verbal abuse or bullying will not be tolerated and failure to comply with this Code of Conduct will result in a disciplinary referral and may lead to exclusions from the Club and cancellation of membership.

***Updated: April 2019***