

CODE OF CONDUCT FOR GYMNASTS

1. Please arrive on time for Warm Up, allowing time to sign in. We ask you to please go to the toilet before the session starts, to ease disruption.
2. Please respect all fellow gymnasts and coaches. Hurtful or discriminative behaviour will not be tolerated.
3. You are to abide by the rules and guidelines set down by your coaches; they are there for your safety.
4. Do not attempt any skill that has been self-taught or that you haven't performed with a qualified coach.
5. Please notify your coach in advance if you know you are unable to attend a session.
6. No food or drink to be consumed in the gymnasium without a coaches' permission. Please ensure **ONLY WATER** is to be consumed during the session.
7. Please do not leave before the end of the session unless arrangements have been made prior to the session.
8. Gymnasts are expected to wear sensible and appropriate clothing (**no zips, buttons or hoods**). All gymnasts must wear socks or trampolining shoes. Coaches reserve the right to stop the gymnast training if inappropriate clothing is worn.
9. Long hair must be tied back securely.
10. **NO JEWELLERY** to be worn by anyone in the gymnasium. Earrings that cannot be removed must be covered by tape before coming into the session.
11. Please tell your coach if you feel unwell or injured. Failure to do so may result in something more serious.
12. Do not have your mobile phones anywhere near the trampolines! Please keep your phone with your other personal belongings at the side of the hall. If parents need to be contacted you must let your coach know as soon as possible.
13. If you have any problems at the club, please talk to an appropriate member of the Revolve coaching team. Please see the Welfare Officer Poster for further details.