

Invictus Gymnastics Club

Aldermaston Recreational Society

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INVICTUS – CODES OF CONDUCT

Parents Codes of Conduct

1. Gymnasts should arrive a few minutes before the start of training.
2. No jewelry, what so ever should be worn, including ear studs or body piercing adornments, either to training or competitions. This is a no-tolerance policy as it constitutes a safety hazard.
3. Gymnasts must adhere to the Club Rules and policies regarding their dress and conduct.
4. Gymnasts are responsible for alerting the Coach to any injuries/illnesses that may affect their training.
5. Gymnasts should not train when they are in pain or feel unwell. Especially pain in the torso, nausea or feeling sick and breathing problems, such as asthma.
6. Show respect to coaches, judges, officials and other gymnasts.
7. Listen to and follow instructions of his/her coach.
8. Support and encourage their teammates.
9. Always train with a positive attitude.
10. Gymnasts should not indulge in rowdy or distracting behavior.
11. Attempt to do every move with good form.
12. Take care of the Club's equipment and only use equipment you have permission to use.
13. No eating or drinking whilst using equipment.
14. Gymnasts must not walk across any landing areas when associated equipment is being used.
15. Gymnasts must not run in the gym, except as instructed as part of their training.
16. Take pride in their Club and make sure they do their part in keeping the gym clean and tidy.
17. Conditioning is an essential part of Gymnastics. Without strength core elements cannot be performed. Without flexibility, leaps and jumps are low and lack aptitude. To aid in reducing injury, manual stretching by the coach is required. Gymnasts must do any stretching or conditioning at home as "homework", if the coach has requested it.
18. Gymnasts must always drink plenty of fluids during training, i.e. water/squash only. No carbonated drinks.

Parents Codes of Conduct

1. Gymnasts should arrive a few minutes before the start of training. Its particularly upsetting for younger children to arrive after all the others have started.
2. Please ensure your child has a drinks bottle to use during their session.
3. Please do not drop off your own, or other children, early to watch the classes unattended. The gym cannot be responsible for these children until they start their own class.
4. If your child is expected to be away for longer than 2 weeks, please let the gym know by email if possible.
5. Please advise the Gym Club of any change in circumstances, i.e. medical, change of address or contact mobile number as soon as possible.
6. Parents need to ensure the coach is alerted to any injuries or illnesses that may affect their training.
7. If your child brings in lunch or a snack due to a long training session, i.e. more than 3 hours, please ensure its appropriate/healthy food.
8. As a parent of a Development/Mini Squad gymnast, we ask that you help out with the setting up and clearing away of the equipment. Please arrive 20 minutes before the end of the session. After the equipment is sorted, please leave the gym promptly to ensure safety and for insurance purposes.
9. If you wish to speak to your coach, please do so at the end of the session. Parents should not enter the gym unless they are invited to by the coach.
10. Parents need to support any stretching and conditioning homework the coach has given their child, to do as "homework".
11. Please ensure you are punctual collecting your children and remind them to remain in the building until you arrive.

Coaches – Code of Conduct

1. Coaches should arrive in plenty of time for their session.
2. Coaches should wear the Gym Club's appropriate uniform and be recognizable to the gymnasts.
3. Coaches should demonstrate proper personal behavior and conduct, at all times. They are responsible for their actions at all times.
4. Coaches must respect and champion the rights of every gymnast.
5. Coaches must encourage drink breaks during the training session.
6. Coaches must develop a relationship with the gymnasts that promote openness, honesty and mutual trust and respect.
7. Coaches must attain a high level of competence by attaining qualifications and through commitment to ongoing training that ensures safe and correct practice.
8. Coaches must gain governing body of sport qualifications appropriate to the level in which they coach.
9. Coaches must assist in the creation where every individual has the opportunity to participate in an activity of their choice.
10. Coaches must create an environment free of fear and harassment.
11. Coaches need to recognize the rights of all gymnasts to be treated as individuals.
12. Coaches should recognize the right of gymnasts to confer with other coaches and experts.
13. Coaches must promote the concept of a balanced lifestyle, supporting the well-being of the gymnast both in and out of the sport.
14. Coaches must promote the execution of safe and correct practice.
15. Coaches must not engage in behavior that constitutes any form of abuse (physical, sexual, emotional, neglect or bullying).
16. Coaches should recognize and act on any signs of Poor Practice, i.e. gymnasts or other adults using inappropriate language, failing to respond to allegations made by a child, gymnasts being reduced to tears as a form of control, favoritism of any gymnast, any humiliation of a child in front of her/his peers.
17. Coaches should promote the welfare and best interests of their gymnasts.
18. Coaches will avoid sexual intimacy with gymnasts whilst coaching them or in the period of time immediately following the end of their coaching relationship.
19. Coaches must take action if they are concerned about the behavior of an adult towards a child.
20. Coaches should empower performers to be responsible for their own decisions.
21. Coaches should clarify the nature of the coaching services being offered to the gymnasts.
22. Coaches should communicate and cooperate with other organizations and individuals in the best interests.