

Code of Conduct for Young Gymnasts

Young Gymnasts should undertake to:

- Notify a coach immediately if you hurt yourself
- Ask a coach for permission if you need to leave the training area and let them know if you need to go to the bathroom.
- Let the Coach know when you are unavailable for training and or competition
- Respect all club property and treat equipment gently.
- Respect the property of others and do not touch or take anything which does not belong to you.
- Ask a coach for permission to use any first aid (ie; Tape/Icepacks etc.)
- Use the bins provided to dispose of rubbish.
- Older members of Eccles Gymnastics club have a responsibility to set a good example for other gymnasts. Always strive to be courteous, respectful, helpful, encouraging and enthusiastic to all members.
- If nobody is there to pick you up after class, wait inside the gym until you are picked up. If they are more than 5 minutes late, notify a coach so that they can call your parents / guardians
- Approach the Club Children's Officer with any concerns or questions you may have

Competitive Gymnasts should always;

- Respect fellow team members giving them support whether they do well or not so well
- Respect opponents and be modest in victory and gracious in defeat
- Respect Officials and accept their decisions gracefully
- Represent themselves, their family and Club with pride and dignity
- Participate fairly, do their best and enjoy themselves
- Set high standards of FAIR PLAY for others to follow
- Adhere to proper standards of behaviour that avoids bringing Eccles Gymnastics club & or Gymnastics Ireland into disrepute

Young Gymnasts should not:

- Use a piece of equipment or try any skill without being instructed to do so by a coach
- Cheat – always participate by the rules
- Use abusive language
- Shout at or argue with anyone
- Spread rumours
- Bully or use bullying tactics to isolate another young person
- Tell lies about any other person
- Take banned substances
- Harm team members, opponents or their property

Young people are entitled to:

- Be safe and to feel safe
- Be happy, have fun and experience a sense of enjoyment and fulfilment.
- Be treated with respect and dignity
- Comment and make suggestions in a constructive manner
- Be afforded appropriate confidentiality
- Make a complaint appropriately and be listened to
- Be believed.
- Experience competition at a level at which they feel comfortable
- Get help against bullies
- Say No to protect their own bodies

I confirm that I have read the Code of Conduct and agree to abide by its contents.

Signature

Club

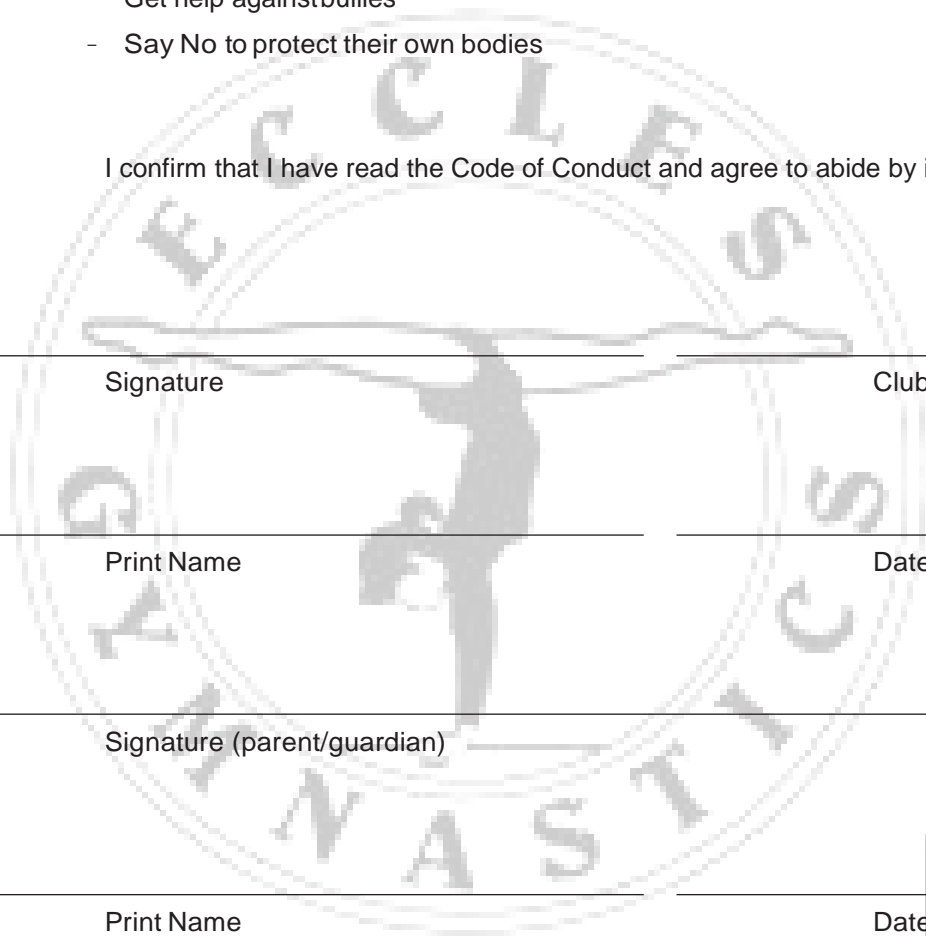
Print Name

Date

Signature (parent/guardian)

Print Name

Date



Parents / Guardians Code of Conduct

Parents/Guardians should encourage their children to participate in sport for fun and enjoyment. Parents should not attempt to meet their own needs for success and achievement through their children's participation in gymnastics.

Parents should:

- Be a role model for your child and maintain the highest standards of conduct when interacting with young people, other parents, Coaches and Officials
- Never force your child to take part in sport and do not punish or belittle a child for poor performance or making mistakes.
- Help your child to recognise good performance, not just results and set a good example by recognising good sportsmanship and applauding the good performances of all.
- Ensure that your child is appropriately dressed for the activity. No Jeans, Tights, Dresses, Jewellery & long hair should be tied back. Please ensure that your child has used the toilet before the class starts.
- Do give advice on the importance of maintaining a balanced lifestyle with regard to exercise, food, rest, work, play etc
- Do not distract the attention of your child during classes or call them out of the hall without prior arrangement with the coaches. Inform the child's coach if you need to pick the child up early from class
- Respect the rights dignity and worth of every young person regardless of their gender, ability, cultural background or religion
- Never use any flippant or sarcastic remarks towards any gymnast
- Do not seek to unfairly affect any gymnast's performance.
- Encourage your child to know the rules and participate within them.
- Please email ecclesgymclub@gmail.com if any of your contact details or if your child's medical condition changes. If you are not receiving emails from us please contact us by email.
- Please support your child's involvement and help them to enjoy their sport.
- If you have a question in relation to your child's training, please direct this to your child's coach or a Senior Coach. If you would like to know how your child is progressing you can speak to their coach before or after the training session starts but not during class time or equipment setup time. The training of any other child other than your own will not be discussed.
- If you have a question concern or complaint please direct it to the head coach or senior coach in charge or email ecclesgymclub@gmail.com
- You should not permit your child to train or compete in the event of illness or injury. In some cases, it is up to the discretion of the club when a child is fit to attend training or a competition / event and this should be respected by parents.

For Parents of competitive gymnasts;

- Training within a competitive/developmental group does not automatically mean your daughter will be entered into a competition.
- As a parent you need to ensure your daughter attends their training sessions and any additional training made available to them. (I.e Camps or training in other venues) Frequent absence without good valid reason (such as injury) may result in your daughter losing their place in their group (with the exception of holidays notified to the gym).
- If your child will be absent please text their coach before the class starts.

- The coaching team reserves the right to move gymnasts between groups and reduce or increase training hours as we see fit. Parents will be notified of any changes which are made in the best interest of the gymnast's welfare and wellbeing.
- The coaching team will decide what competitions or events if any, your daughter will take part in and at what level.
- There may be a selection process for competitions.
- Not all gymnasts will be guaranteed selection for all competitions / events / training camps / national squads.
- All information in relation to the Gymnastics Ireland Competition Structure and Calendar can be found on www.gymnasticsireland.com.
- Gymnastics Ireland requires volunteers assist at National Competitions & GI events and entry to the competition is dependent on the club fulfilling this requirement or paying a €200 fine per subdivision so your assistance therefore will be appreciated
- Encourage your child to participate fairly and abide by competition/event rules
- Respect coaches, staff members, officials and judges and their decisions, while encouraging your child to do the same and show appreciation to coaches, staff members, volunteers and club officials.
- Do not interfere with coaches decisions regarding training or competing in relation to levels and team selection.
- Set a good example by celebrating all young gymnasts' achievements – not just your own child's.
- Don't ask "Did you Win or Lose?" Ask "Did you enjoy yourself?"
- Don't just show approval when your child is victorious. Always show approval for effort!

I confirm that I have read the Parents Code of Conduct and agree to abide by its contents

Signature (parent/guardian)

Club

Print Name

Date

