



CODE OF CONDUCT FOR COMPETITION SQUAD GYMNASTS

Gymnasts in the Competition squads will be representing BGC in competitions at various levels.

In addition to abiding by the general code of conduct for all gymnasts, the competition gymnasts are also expected to abide by the following additional code.

Balwearie Gymnastics Club Competitive gymnasts will:-

- Ensure that they do their absolute best to attend both regular and any scheduled extra training sessions at all times and in the run up to competitions in particular. Ensure that a coach is notified well in advance if a session is to be missed. Where possible negotiate with your coach beforehand.
- Be polite and courteous to all other competitors, coaches and officials at events/competitions regardless of the outcome of the competition
- An athlete cannot perform to the best of their abilities without proper nutrition. All competitive gymnasts are expected to eat a well-balanced diet and stay hydrated in order to keep their bodies in the best physical shape possible.
- Support any other BGC gymnasts competing at the event by watching and applauding their performances as appropriate (in some cases a coach may instruct a gymnast not to watch a particular performance, for example, if the gymnast is next to perform, in which case the specific instruction of coach overrides this general policy)
- Ensure that they arrive on time for warm ups of general training, competitions, squad training or trials.
- Ensure that they remain at a competition venue until the end of the medal ceremony unless previously agreed by their coach.
- At all competitions, squads, trials and any other events at which they represent BGC, behave in a manner which reflects positively on the club and promotes its good reputation. Ensure appropriate clothing is worn at these events, i.e. club tracksuit.
- Agree to abide by the anti-doping regulations laid out by SGA and BG.

Balwearie Competitive gymnast will not:-

- Ever cheer/celebrate or delight in the failure of, or mistakes made by, another gymnast from BGC or any other club, at any times during any training session, squad session, trial or competition.
- Criticise the performance of any other competitor or official
- Leave the gymnasium at any competition, squad session or trial without the consent of a coach and where necessary, an official

Failure to adhere to the following rules at events will not be tolerated. A first offence will result in a phone call home, second offence will result in the parents coming to retrieve their child:-

- Represent BGC in a responsible manner following the full code of conduct as above and the general code of conduct for gymnasts.
- Follow instructions quickly and maturely and co-operate well with others throughout the event/competition.
- Always tell the Team Manager or coach where you are and **Never go anywhere without first telling someone**, whether at an event, hotel or while training.
- Never consume alcohol or drugs.
- Whilst away, Stay in your own room at night after last room check. Follow instructions for lights out and do not stay up all night talking or on phone calls/social media.
- Use correct and proper language at all times, no swearing, aggressive language or behaviour.
- Show respect and sports manly behaviour to all gymnasts, coaches and officials from ALL clubs.
- Take any concerns you have immediately to the person responsible for you or Head Coach.