

Gymnastics Zone Ltd Code of Conduct

GENERAL

Gymnastics Zone Ltd is a member of British Gymnastics – membership number 71510.

Gymnastics Zone abides by the British Gymnastics Health, Safety and Welfare Policy for Coaches and Clubs. It recognises it has a duty of care towards its members and is committed to providing the appropriate support and guidance to its members to ensure these matters are addressed.

It follows the British Gymnastics Equity Policy which advocates that the coach must always comply with the principles of good, moral and ethical frameworks and exemplary standards of conduct.

| | |
|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| COACHING STAFF | <p>Coaching staff undergo their training through British Gymnastics and hold valid coaching licences. Our coaches hold the requisite Child Protection Certificate and hold valid CRB certificates which are renewed every 3 years as recommended by British Gymnastics.</p> <p>Our Welfare Officers are Lisa El-Ahmar and Samantha Sharp.</p> |
| CODE OF CONDUCT – GYMNASTS | <ul style="list-style-type: none">◆ Gymnasts are requested to train in suitable gymnastics attire, i.e., leotard and shorts (short sleeved leotards are acceptable and recommended on hot days). Gymnasts should wear comfortable clothing to allow freedom of movement while at the same time not being open, loose or floppy for safety reasons.◆ New members will have half a terms grace to wear their own clothing to train in, after which they will be required to wear the official Gymnastics Zone clothing.◆ Training commences promptly at times stated on the Gymnastics Zone Timetable.◆ Gymnasts are required to change in the changing rooms provided.◆ Gymnasts are required to arrive and depart from the gym suitably dressed, i.e., with coat in Winter months.◆ Gymnasts are not allowed to wear any jewellery during training sessions or competitive events (this includes body rings / bars, nose studs or small stud ear-rings).◆ Gymnasts are asked to pay attention to their own personal hygiene, ensuring both they and their leotards are clean. The use of deodorant is encouraged.◆ Gymnasts are required to look after their own music tape and hand-guards, ensuring they are brought to each training session.◆ Gymnasts may be suspended from training or permanently expelled should it be known that they bully other gymnasts or swear during training. |

Gymnastics Zone Ltd, 1 Ainsdale Road, Leicester, LE3 0UD. Telephone: 07973 782873.

Email Address: enquiries@gymnasticszone.co.uk

Registered Office, 39 Castle Street, Leicester, LE1 5WN

British Gymnastics Registration Number 71510

| | |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> ◆ Gymnasts of all ages must be brought into and collected from the gym by a responsible adult. ◆ Gymnasts must not arrive at or leave the gym without the presence of a responsible adult. ◆ Gymnasts must never train in the absence of other gymnasts and must never work on gymnastics equipment in the absence of a qualified coach. ◆ Gymnasts must not train if they are unfit to do so. ◆ Gymnasts should train barefoot unless there is medical reason. If there is a medical reason, this should be brought to the attention of the Coach in Charge at the start of the class. ◆ Gymnasts requiring the use of an inhaler must have it clearly marked with their name on it. It should be handed to the Coach in Charge at the beginning of the class for safekeeping and collected again at the end. ◆ Gymnastics Zone cannot be held responsible for lost or stolen items. It is advisable for items of clothing to be labelled with the child's name. |
| <p>CODE OF CONDUCT - COACHES</p> | <ul style="list-style-type: none"> ◆ Coaches are expected to act in 'loco parentis' once a child is left in the care of coaches and act as 'responsible sports coaches'. ◆ The Coaches 'loco parentis' role commences at the start of the gymnastics class through to the end of the class, when gymnasts are discharged to the care of the parent(s). ◆ Coaches should hold a valid and nationally recognised governing body coaching qualification and ensure that their coaching knowledge and practice are according to current best practice (unless they are in the role of Coach under Instruction). ◆ Coaches must hold valid public liability insurance through British Gymnastics. ◆ Coaches must place the well being and safety of the performer above the development of performance. They should follow all guidelines set down by British Gymnastics. ◆ Coaches must encourage and guide performers to accept responsibility for their own behaviour and performance. ◆ Coaches must ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the individual. ◆ Coaches should, at the outset, clarify with performers exactly what is expected of them and what performers are entitled to expect of their coach. ◆ Coaches should consistently display high standards of behaviour and appearance. ◆ Coaches should not wear jewellery in a training session or competitive event. ◆ Coaches must never allow gymnasts to leave the training areas without a responsible adult. |

| | |
|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> ◆ Coaches must make themselves known to parents of new gymnasts to ensure that gymnasts only leave the training venue with a known face. ◆ Coaches are to provide a 'safe' training environment for all gymnasts. ◆ Coaches must check equipment before use. ◆ A qualified First Aider (usually a coach) must always be on site. ◆ Coaches must never give a gymnast a lift home unless another gymnast or adult is present. ◆ Coaches must never train in a one to one situation with gymnasts. ◆ Coaches are to ensure that gymnasts are fit to train and are to not promote continued training for an injured gymnast. |
| <p>RESPONSIBILITY – PARENT/GUARDIAN</p> | <ul style="list-style-type: none"> ◆ Parents must ensure their child is fit to partake in gymnastics activity. ◆ Parents should bring their child/children into the gym and come into the gym to collect them at the end of the class. ◆ It is the responsibility of the parent to look after their child until the class commences, and then immediately following the end of the class. ◆ New parents should introduce themselves to the Coach in Charge as this will ensure gymnasts only leave the gym with someone the coach recognises. ◆ Parents are to ensure their child is appropriately dressed for their class. ◆ Parents are expected to ensure payments of training fees, competition fees & annual insurance are paid on time. ◆ Parents must ensure that all changes in contact details are brought to the attention of the Coach in Charge of the class. Updates should be provided in writing. ◆ Parents should speak with the Coach in Charge if they are concerned about any coaching/development matter. ◆ Parents are invited to attend competitive events particularly when their child is participating. ◆ At competitions, parents must register with the Competition Organiser should they wish to take photographs or video record their own child whilst competing. ◆ For health and safety reasons parents are not at any time allowed on the training floor or competition arena (except for Baby Gym classes). ◆ While in the gymnasium every effort will be made to ensure the safety of all class members. It is the responsibility of the parent/guardian to ensure their safety while in the changing rooms and entrance lobby. ◆ It is parental responsibility in ensuring the safe entry and exit of their children from the gym sports hall to the facility and vice versa. |

| | |
|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> ◆ Parents/guardians are kindly requested to make sure that children do not bring items of value such as watches with them. ◆ Parents should promote good sportsmanship at all times. |
| FEES & CHARGES | <p style="text-align: center;">General Gymnastics Classes</p> <ul style="list-style-type: none"> ◆ There is a legal requirement for participants to affiliate to the National Governing Body as Associate Members. Affiliation to British Gymnastics buys each gymnast/coach Public Liability Insurance and access to their own personal copy of the Springboard Magazine. <p><i>The requisite annual affiliation fee for Membership to British Gymnastics is £17.00 for the full year 01/10/07 to 30/09/08 (non-refundable).</i></p> <p><i>Training fees are £48.00 payable at the commencement of each training quarter, i.e., on 1st January, 1st April, 1st July and 1st October (paid by Bank Standing Order and non-refundable).</i></p> <p><i>If there is no access to a bank account, cash payments will be accepted. Cash payments should be sent in a sealed envelope with the amount enclosed and the gymnasts name clearly marked on the front.</i></p> |
| COMPETITIONS | <p>Local competitions are held during the year and it is desirable for gymnasts to take part.</p> <p>Competition fees are usually £8.00. Although Leicestershire Gymnastics Association reviews this fee periodically.</p> |
| EQUIPMENT - COMPETITION LEOTARDS | <p>Leotards, hair scrunchies, palm guards and shorties are available from Coaching Staff.</p> |
| EQUIPMENTS - HANDGUARDS | <p>Hand-guards are recommended for extensive work upon the Asymmetric Bars. These can be ordered via the internet.</p> |
| HEALTH, SAFETY & WELFARE POLICY | <p>A copy of British Gymnastics Health, Safety and Welfare Policy is available upon request.</p> |
| WHO TO CONTACT | <p>Nicola Haynes, Director of Coaching, 1 Ainsdale Road, Leicester, LE3 0UD. Tel 07973 782 873 (m) answer phone facility available or send email to enquiries@gymnasticszone.co.uk</p> <p>British Gymnastics – information – 01952 820 330. www.british-gymnastics.org</p> |

Gymnastics Zone Ltd, 1 Ainsdale Road, Leicester, LE3 0UD. Telephone: 07973 782873.

Email Address: enquiries@gymnasticszone.co.uk

Registered Office, 39 Castle Street, Leicester, LE1 5WN

British Gymnastics Registration Number 71510

