



WAVENEY GYMNASTICS CLUB

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EXPECTATIONS, RULES AND CODES OF CONDUCT FOR GYMNASTS

1. Abide and uphold the rules of the club
2. Be polite and respect others.
3. Bullying, humiliation, fighting, inappropriate language, making suggestive or inappropriate remarks to others will not be tolerated.
4. No food, drinks or chewing gum allowed in the gym.
5. Appropriate clothing and footwear must be worn for training.
6. No shoes, trainers etc. to be worn in the gym.
7. Socks must be worn on the trampolines.
8. Be aware of others when moving around the gym. Do not run between changeover slots or in and out of the gym.
9. Gymnasts must not be in the gym unless a qualified coach is present.
10. NO jewellery of any sort to be worn whilst training.
11. Leave the gym in a clean, tidy state. Put all rubbish in the bins provided.
12. Only train or practice those skills or elements as directed by the coach.
13. If you are unhappy or worried by anything you should talk to a Welfare Officer/ Gymnastics Co-Ordinator.
14. Gymnasts must not leave the training hall without informing your coach or another member of staff.

DIRECTORS AND MANAGEMENT OF WAVENEY GYMNASTICS CLUB

Revised by	Hazel Densham	Revision 2	February 2024
Approved by	Alex Row		