



Queenstown Gymnastics Club Code of Conduct

Queenstown Gymnastic Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, officials, administrators, parents and spectators associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, all those associated with Queenstown Gymnastic Club should comply by this Code of Conduct.

Gymnast Code of Conduct:

- Show respect and kindness to other gymnasts and your coaches. Respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Verbal abuse of coaches or other gymnasts, deliberately distracting or upsetting other athletes, or being overly critical is not acceptable or permitted in our gymnastics facility.
- Do not use equipment that does not have appropriate safety mats. Do not adjust equipment unless under supervision/instruction of a coach.
- Do not use equipment that is not designed or intended for your session.
- Replace equipment to the correct area upon completion of your class in appreciation and consideration of all users. Ensure the equipment is left tidy.
- Wear appropriate clothing (no buckles, belts or buttons, no loose clothing), have hair tied up/tidy and bring water to each training session. For safety, no jewellery (except 1 pair of stud earrings).
- Arrive at the Club ready to begin training on time, and report to your coach as you arrive.
- During the session, you must not leave without permission of your coach. At the end of the session you must leave the facility and not linger on equipment, unless given permission by your coach.
- Discuss or inform your coach of absences via text or email.
- Work equally hard for yourself and for your team. Your team's performance will benefit, so will you. Always warm up and stretch properly to avoid injury.
- Be a good sport. Acknowledge all good routines and abilities whether performed by your team or the other team. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another gymnast.
- Be prepared to lose sometimes. Be a fair winner and good loser. Do gymnastics because you love the sport, not to please parents and coaches.
- Never argue with an official or question a judge. If you have any queries discuss with your coach at an appropriate time.
- Co-operate with your coach, teammates and other athletes. Without them there would be no competition.
- At competitions wear the appropriate uniform, have hair tidy and arrive early as advised.

Coaches Code of Conduct:

- Show respect and kindness to gymnasts and other coaches. Respect the rights, dignity and worth of all participants and colleagues regardless of gender, ability, cultural background or religion.

- Promote the wellbeing of all gymnasts in accordance with QGC Child Protection and Safeguarding Policy.
- Be a positive role model. Be aware of the role of the coach as an educator, imparting knowledge and skills as well as demonstrating appropriate social and personal behaviour.
- Verbal abuse of coaches or gymnasts or being overly critical is not acceptable or permitted in our gymnastics facility.
- Be reasonable in your demands on your gymnasts time, energy and enthusiasm.
- Remember that children participate for the fun and enjoyment of the sport. Always show respect for effort and dedication regardless of any mistakes.
- Provide a safe environment both for training and at competitions, ensuring that equipment and facilities meet safety standards and are appropriate to the age and ability of the gymnasts.
- Always follow the advice of a Doctor when a gymnast is injured and provide a modified training schedule as appropriate. Maintain the same level of interest and support towards injured gymnasts as you would to healthy gymnasts.
- Commit to providing a quality service for all gymnasts regardless of ability or level. Seek advice or assistance from other professionals when required.
- Display high standards in your language, manner, punctuality, preparation, presentation and relationships with all gymnasts, parents, other coaches and officials.
- Ensure you are up to date with changes in gymnastics and that skills and drills are appropriate to a gymnasts development, growth and skill level.

Parents and Spectators Code of Conduct:

- Show respect and kindness to all coaches and gymnasts within the QGC facility.
- Encourage gymnasts to follow the safety guidelines of the gym facility. Please ensure gymnasts wait in the seating area adjacent to the floor prior to their session commencing. For safety, keep gymnasts away from the apparatus until their class has started and a coach is supervising.
- Ensure non-enrolled siblings remain in the spectator area and do not participate in classes or use apparatus.
- Avoid use of derogatory language based on gender, race, skill level or impairment.
- Do not criticise gymnasts or coaches. Respect the rights and dignity of all involved in our Club.
- Promote a positive atmosphere and reputation for our Club both in our facility and when away at events.
- When away at competitions, show respect for all gymnasts, coaches and judges, regardless of their Club or affiliation.
- Respect a judges scores and decisions. If you have queries, discuss these with your gymnast's coach but never approach a judge or official at a competition.
- Ensure gymnasts obey the rules of a competition and decisions made by officials.
- Always support a gymnasts performance and congratulate all gymnasts, regardless of outcome.
- Never ridicule a gymnast for mistakes made in training or at a competition.
- Remember your gymnast is participating in the sport of gymnastics for their own enjoyment and growth, not for the entertainment of spectators.