



Dexterity Rhythmic Gymnastics Club

Dexterity Rhythmic Gymnastics Club is fully committed to safeguarding and promoting the well-being of all its members. The Club believes it is important that members, coaches, volunteers and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others.

Members are encouraged to be open and share any concerns or complaints they may have about any aspect of the Club with one of the Club's Welfare Officers.

This is to confirm that

DEXTERITY RHYTHMIC GYMNASTICS CLUB

has adopted all the following
British Gymnastics Policies

Health Safety and Welfare Policy
Child Protection Policy
Equality Policy

Signed: *Estha Jones* (Club Principal)

1 January 2019



The essence of good ethical conduct and practise for all Coaches, Officials, Volunteers, Parents/Guardians and Gymnasts is summarised below:

CODES OF CONDUCT

For Coaches, Officials and Volunteers

- Consider the well-being and safety of all participants before the development of performance
- Develop appropriate relationships with gymnasts based on trust and respect
- Encourage performers to value their performances and not just results
- Promote the positive aspects of the sport (e.g. fair play)
- Make sure all activities are appropriate to the age, ability and experience of gymnasts and ensure that gymnasts are suitably prepared physically and mentally
- Hold the appropriate, valid qualifications and insurance cover
- Display consistently high standards of behaviour and appearance
- Not use inappropriate language at any time whilst involved with club activities
- Never consume alcohol immediately before or during training or events
- Obtain prior agreement from the parent/guardian of gymnasts before transporting them anywhere for training/competitions/events
- Never have gymnasts stay overnight at your home
- Never exert undue influence on gymnasts to obtain personal benefit or reward
- Always report any incidents, referrals or disclosures immediately, following the appropriate guidelines set out in the BG Child Protection policy
- Never condone rule violations or use of prohibited substances
- Do not divulge confidential information unless approved by the individual
- Follow all guidelines laid down by BG & Dexterity RGC

For Parents / Guardians of Club gymnasts

- Set a good example by recognising good sportsmanship and applauding the good performances of everyone
- Help your child to recognise good performance, not just results
- Support your child's involvement and help them to enjoy their sport
- Encourage your child to know, understand and participate within the Club rules
- Never punish or belittle a child for poor performance or making mistakes
- Never force your child to take part in sport
- Endeavour to establish and maintain good communications with the club, coaches and officials for the benefit of all
- Share any concerns or complaints about any aspect of the club through the approved channels
- Pay promptly any fees / monies due for training or events
- Discourage arguing with officials / coaches / volunteers
- Publicly accept officials' judgements
- Use correct and proper language at all times
- Ensure your child is dressed appropriately for the activity & has plenty to drink
- Keep the club informed if your child is ill or unable to attend sessions
- Always collect your child promptly at the end of a session

For Gymnasts

- Participate within the Club rules & respect coaches, judges and their decisions
- Respect fellow club members, and gymnasts and coaches from other Clubs
- Treat all equipment with respect
- Be aware of & adhere to all safety rules
- Behave in a disciplined manner, appropriate to the role of a gymnast
- Give full attendance, commitment, and focus at all Club sessions
- Wear suitable attire for training and events as agreed with the coach. Keep all hair tied back. Remove all body jewellery
- Keep to agreed timings for training and competitions or inform your coach of any problems relating to this
- Inform the head coach of injury or illness you have before the warm-up begins
- Pay any fees for training or events promptly
- Do not smoke, consume alcohol or take drugs of any kind
- Do not eat or chew gum during a session
- Do not use bad language
- Remain with coaches at the end of a session until collected by your parent

Club Rules & Conditions for Gymnasts & Coaches

Gymnasts (with parental support) will be required to :

1. Give full attendance, commitment, and focus at all Club sessions i.e.
 - i. arrive and start training promptly
 - ii. work throughout the complete session, as directed
 - iii. work alone when required, with concentration & determination
 - iv. be disciplined in all aspects of training and performance
 - v. abide by club rules regarding appropriate attire & behaviour
 - vi. work through injury if appropriate
 - vii. discuss work / ideas / problems whenever possible
2. Be aware of & adhere to basic safety rules e.g.
 - wear appropriate leotard (+shorts if desired) for training
 - keep hair tidy and fixed for training, preferably in a bun
 - work in bare feet or wear toe shoes for training (not socks)
 - not wear any jewellery, body piercing, or watches in training
 - not wear trainers or shoes on the carpet
 - bring non-fizzy drink (prefer water) in plastic bottle, in own bag
 - ensure thorough warm-up is done (individually if not class led)
3. Help sensibly & safely with the movement of the equipment / carpet / mats as and when instructed, and as shown and trained, and under supervision
4. Inform / discuss with an appropriate coach any illness, injury or other problems or concerns
5. Show commitment to practice / work at home, as detailed
6. Give full attendance and commitment to extra training if required
7. Support, encourage and help other gymnasts whenever possible
8. Be available for participation in Competitions / Displays as agreed

Coaches will be committed to :

1. Work to the highest level with each individual gymnast
2. Provide maximum opportunity for gymnasts to achieve their potential
3. Give as much time and commitment to each gymnast as possible
4. Show fairness and equality in working with all gymnasts
5. Give encouragement and help to motivate individuals
6. Be aware of and sympathetic to gymnasts' individual needs
7. Ensure reasonable care is taken of all gymnasts at all times, with attention to the health, welfare and safety of all individuals
8. Listen to gymnasts' and parents' ideas, suggestions and comments
9. Keep up-to-date with current work and trends
10. Adhere to the British Gymnastics guidelines in upholding the standards of good coaching etiquette