



## Campbell River Gymnastics Association Code of Conduct

The Campbell River Gymnastics Association and Springs competitive team which include staff, parents and gymnasts have created a code of conduct that will help create a safe and positive environment for all participants in our facility. The code of conduct provides the expectation of everyone involved when it comes to respect, effort and attitude.

### **Code of conduct of the gymnast**

Gymnasts should arrive to the gym on time or early to pre-stretch and roll out before warming up.

Gymnasts should be dedicated to their training and work on having great attendance.

Gymnasts should not be on trampolines or other equipment without coach supervision.

Gymnasts should wear proper attire while training. Body suits for girls with or without shorts and for boy's shorts and shirt or no shirt.

Gymnasts should ask their coaches if they are leaving the floor so that we are aware of where they are.

Gymnasts should not be going outside the gym or leaving the gym while their class is going on unless they get permission.

Gymnasts should refrain from using their phones.

Gymnasts should listen to their coaches and put effort into all aspect of their training.

Gymnasts should seek medical attention when injured. Communication with coaches and getting rehab exercises is a crucial part of training.

Gymnasts should bring nutritious snacks to the gym and fuel their bodies to help with recovery.

Gymnasts should be polite and respectful of others

### **Parent Code of Conduct**

Parents should be on time to drop off and pick up your child.

Parents should support your child to help them achieve their goals.

Parents should allow the coaches to do the coaching in the gym.

Parents should encourage your child to stretch at home.

Communicate with your child and coach always and communicate right away when issues arrive.



Parents should not put too much pressure on their child. It is their sport.

#### **Coaches Code of Conduct**

Coaches will arrive early to teach their classes

Coaches will come in prepared to teach their classes

Coaches will show respect to other coaches and groups in the gym

Coaches will be responsible to get athletes to put back equipment used.

Coaches will remain on the floor with their athletes and inform another coach to watch their athletes if they must leave the floor.

Coaches will keep open communication to athletes and parents and solve issues as they arrive.

Coaches will demonstrate respect, fairness, caring, integrity to all athletes, co-workers and parents.