

## **CODES OF CONDUCT / BEHAVIOUR POLICY**

### **ADMINISTRATORS**

*I will:*

- Create pathways for club members to participate not just as gymnasts but also as coaches, judges, administration support etc.
- Ensure that rules, equipment and training schedules are modified to suit the age, ability and maturity level of gymnasts
- Ensure quality supervision and coaching for gymnasts of all ages & abilities
- Remember that gymnasts participate for their enjoyment and benefit
- Help coaches highlight appropriate behaviour and skill development, and help to improve the standards of coaching
- Ensure that everyone involved in the club emphasises fair play
- Distribute a code of conduct to competitive & recreational gymnasts and coaches and encourage them to follow it
- Respect the rights, dignity and worth of all people involved in the sport regardless of their gender, ability or cultural background
- Promote adherence to anti-doping policies
- Be a positive role model and Ambassador for Mt Tauhara Gymnastics at all times
- Ensure equipment and facilities meet safety standards, identify potential hazards and take all possible steps to eliminate, isolate or minimise them
- Encourage a No Exceptions training environment within the recreational gymnastics programme.

*I will not:*

- Arrive at the training venue intoxicated or drink alcohol at competitions
- Allow the unlawful supply of alcohol at training, competitions or club functions
- Use bad language, nor will I harass gymnasts, coaches, parents, teachers or spectators

### **COACHES**

*I will:*

- Remember that gymnasts participate for enjoyment and winning is only part of the fun
- Never ridicule or shout at gymnasts for making mistakes or not winning
- Be reasonable in my demands on gymnasts' time, energy & enthusiasm
- Operate within the rules and spirit of the sport and teach my gymnasts to do the same
- Ensure that the time gymnasts spend with me is a positive experience in a safe environment
- Avoid being overly attentive to the talented gymnasts and understand that all gymnasts are deserving of equal attention and opportunities
- Set realistic & achievable goals with gymnasts

- Make training well planned, challenging, varied and enjoyable
- Encourage open communication and listen to gymnasts' thoughts and ideas
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all gymnasts
- Identify potential hazards and take all possible steps to eliminate, isolate or minimise them
- Display control, respect and professionalism to all involved with the sport including competitors, judges, coaches, officials, administrators, the media, parents and spectators. I will encourage my gymnasts to do the same
- Show concern and caution towards sick and injured gymnasts and follow the advice of a physician when determining whether an injured gymnast is ready to recommence training or competition
- Obtain appropriate qualifications and keep up to date with the latest coaching practises and principles of growth and development of young gymnasts
- Respect the rights, dignity and worth of all people involved in the sport regardless of their gender, ability or cultural background
- Act as an Ambassador for Mt Tauhara Gymnastics when at competitions, clinics or special squad training and encourage my gymnasts to do the same
- Promote adherence to anti-doping policies
- Encourage a No Exceptions training policy within the recreational gymnastics programme

*I will not:*

- Arrive at the venue intoxicated or drink alcohol at training / competitions
- Allow the unlawful supply of alcohol at training, competitions or club functions
- Use bad language nor will I harass gymnasts, officials, spectators or other coaches

## **PARENTS AND SPECTATORS**

*I will:*

- Remember that children participate for enjoyment and that winning is only part of the fun
- Ensure that my comments are constructive and positive and never ridicule or shout at the children for making mistakes or not winning. Negative comments create negative thoughts and actions
- Support and encourage the children
- Respect the judges decisions (remember they are like all of us and not perfect).
- Applaud all good performances
- Never use bad language, nor will I harass gymnasts, officials, coaches or other parents and spectators
- Respect the Coach as they are well trained to do the job that they do and they also volunteer their time at all competition, development squad trainings and clinics throughout the year

## **COMPETITIVE GYMNASTS**

*I will:*

- Contact my coach if I am unable to attend training
- Inform my coach of any injuries or illness I may have
- Arrive and be ready to train at the start time with the correct clothing and equipment
- Not use any of the gymnasium equipment until advised by the coach
- Train with a positive attitude, focus and discipline, always giving 100%
- Have good listening and observation skills. Understand what is being explained or demonstrated and ask if I am unsure
- Respect the rights dignity and worth of all others that I train and compete with, regardless of gender, ability, cultural background & religion
- Participate for my own enjoyment and benefit, not just to please parents & coaches
- Treat everyone as I would like to be treated, not bully or take unfair advantage of other team mates or competitors
- Co-operate with my coaches, team mates and competitors
- Set a good example when training and competing
- Be a good sport and applaud all good performances, display modesty in victory and graciousness in defeat
- Never argue with a judge's decision

*Consequences of inappropriate behaviour:*

1. A clear verbal warning will be given by the coach to stop the offending behaviour and adhere to the coaches instruction
2. If inappropriate behaviour persists, the coach will direct the gymnast to sit out from training, stretching for 3 minutes in an appropriate part of the gym.
3. If there is continuous disruption during a training session, the coach will direct the gymnast to sit out for the remainder of the session and the gymnasts' parents will be contacted
4. If the inappropriate behaviour occurs on more than one occasion, and consistently occurs when training, the gymnasts parents will be contacted by the coach to discuss future options.

## **RECREATIONAL GYMNASTS**

*I will:*

- Participate for my own enjoyment and benefit
- Show a willingness to learn
- Arrive at class with appropriate clothing, no jewellery and longhair tied back
- Not use any of the gymnasium equipment until advised by the coach
- Respect the rights, dignity and worth of others in my class regardless of their gender, ability, cultural background & religion
- Treat everyone as I would like to be treated, not bully or take unfair advantage of others in my class
- Respect and co-operate with my coaches

*Consequences of inappropriate behaviour:*

5. A clear verbal warning will be given by the coach to stop the offending behaviour and adhere to the coaches instruction
6. If inappropriate behaviour persists, the coach will direct the gymnast to sit out of the class at the back of the gym by the lockers for 2 minutes.
7. If there is no change in behaviour – the coach will direct the gymnast to sit out behind the gate and call their parents to come and pick them up, explaining why.
8. It will be stressed to the child and parent that they are welcome to come back the next week only if they are willing to behave appropriately.

Mt Tauhara Gymnastics reserves the right to discontinue or refuse an enrolment.

DATE IMPLEMENTED: 20/12/2022.

PRESIDENT: RS. ROB SHEEHAN

SECRETARY: CB Careena Bailey