

Gymnasts' Code of Conduct

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As a member of Basingstoke Gymnastics Club, you are expected to uphold the highest standards of behaviour, commitment, and respect. This Code of Conduct outlines the expectations to ensure a safe, enjoyable, and supportive environment for everyone.

1. Respect and Behaviour

- Treat all coaches, officials, fellow gymnasts, and visitors with kindness, fairness, and respect.
- Follow instructions given by coaches and staff at all times.
- Bullying, discrimination, or inappropriate language or gestures will not be tolerated.

2. Participation and Attitude

- Attend sessions punctually and be prepared to participate fully.
- Always try your best and show a willingness to learn and improve.
- Encourage teammates and celebrate everyone's efforts and progress.
- Show good sportsmanship in training and competition.

3. Appearance and Safety

- Wear appropriate clothing in line with club and British Gymnastics policy.
- Tie back long hair and remove jewellery before entering the gym (medical/religious exemptions apply).
- Be barefoot in the gym and wear outdoor shoes to and from sessions for fire safety.
- Only use equipment under the supervision of a qualified coach.

4. Health and Well-being

- Inform coaches of any injuries or medical conditions that may affect your participation.
- Bring water to stay hydrated; food is not permitted in the gym hall.
- Take responsibility for your belongings; the club is not liable for lost items.

5. Competitions and Events

- Represent the club with pride, respect, and good behaviour.
- Treat officials, coaches, and gymnasts from other clubs with fairness and sportsmanship.
- Follow all competition rules and instructions from your coach.
- Participate in medal ceremonies and official activities as required.

6. Digital Conduct

- Use social media responsibly and respectfully.
- Do not share or comment on inappropriate content or images involving other gymnasts.
- Represent the club positively online at all times.

7. Volunteering and Club Involvement

- Take part in team building and club events when possible.
- Support fundraising, displays, and wider club initiatives.
- Show pride in being a member of the Basingstoke Gymnastics Club community.

Sanctions for Breaches

Breaches will be dealt with fairly, proportionately, and in line with the Club's Disciplinary & Appeals Policy. Possible sanctions may include (one or more may be applied depending on the severity):

1. **Verbal reminder/warning** (informal – behaviour corrected immediately)
2. **Written warning** (formal – behaviour logged and monitored)
3. **Short-term restriction** (e.g., sitting out part of a session, removal from an event, or suspension from specific activities)
4. **Suspension from the club** (for a fixed period – parents/guardians informed immediately for under-18s)
5. **Permanent removal from the club** (only in cases of serious misconduct or repeated breaches)

Sanctions will always:

- Be explained to the individual (and parent/guardian if under 18)
- Be recorded in writing
- Allow the right to appeal

Recognition & Rewards for Positive Conduct

The club values members who demonstrate the Code of Conduct consistently. Positive recognition may include:

- Verbal praise and encouragement
- "Spotlight Awards" or equivalent awards
- Badges for commitment, sportsmanship, or volunteering
- Selection for special events, performances, or leadership opportunities in the young leaders programme