

Gymnasts' Code of Conduct

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.