

Gymnast Mobile Phone Policy

Introduction

At Basingstoke Gymnastics Club, our priority is to create a focused, safe, and respectful training environment for all gymnasts. To maintain this, we have a strict **no phone use** policy in the gym unless management have authorised their use in specific circumstances. This policy ensures that training sessions remain distraction-free and that everyone can fully engage in their gymnastics.

Use of Mobile Phones in the Gym

- **No mobile phones** are to be used inside the gym during training sessions without management approval.
- Phones must be switched off or on silent and kept in bags at all times while in the gym.
- If a gymnast needs to contact a parent or guardian, they must ask a coach for permission to use their phone in a designated area.
- Parents who need to reach their child during training should contact the club reception. Messages will be passed on as needed.

Photography and Recording

- For safeguarding reasons, **taking photos or recording videos** in the gym is strictly prohibited.
- Any gymnast found using their phone to take pictures or record videos in the gym may face disciplinary action.

Social Media and Respect

- Gymnasts should not use mobile phones in a way that distracts others from training or impacts team spirit.
- Negative or inappropriate posts about the club, coaches, or teammates on social media will not be tolerated.

Exceptions

- If a gymnast requires their phone for medical reasons (e.g., diabetes monitoring), they should inform their coach, and arrangements will be made.
- Management approval for specific needs (e.g., exam filming or courses) but safeguarding rules around content production.

Conclusion

This policy is in place to ensure a professional and focused training environment. Gymnasts who fail to follow these rules may be asked to leave their phones with a parent or at reception during training.

Thank you for helping us create a positive and distraction-free gym space!