



# SEVERN

GYMNASTICS AND  
TRAMPOLINE CLUB

## Code of conduct And Safety rules



## Severn Gymnastics and Trampoline Club's Code of Conduct

The following Code of Conduct should be read by all participants. Parents / guardians of children should read the Code of Conduct with their child and ensure that all points are clearly understood. When signing Severn Gymnastics and Trampoline's registration form you will be confirming that you have read and understood this Code of Conduct and agree to abide by the rules.

We are fully committed to safeguarding and promoting the well-being of all our members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with Alexia Owen-Sinclair or Michelle Pound (nominated Welfare Officers).

## **Participants are expected to:**

Participate within the rules and respect coaches, judges and their decisions  
Respect opponents and fellow club members.

Keep to agreed timings for training and competitions or inform the club if they are going to be late.

Wear suitable attire for training (no jeans) and events as agreed with the coach.

Keep all long hair tied back.

Remove all body jewellery

Pay any fees for training or events in advance upon request

Not smoke, consume alcohol or take drugs of any kind whilst representing the club

Treat all equipment with respect

Inform a coach of any injuries or illness they may have or any medication they are taking before the warm-up begins

Not eat or chew gum during a session

Not use bad language

Book in and out of session and must note that the club will only be responsible for them when they are booked in a session.

Not to leave a session if possible once you have been booked in as this disrupts the session.

Ensure mobile phones are switched off during sessions and are kept outside the activity area.

Never take any unauthorised photographic / video footage during sessions. This includes the use of mobile phone cameras.

## **Parents / Guardians are expected to:**

Encourage your child to learn the rules and participate within them

Discourage challenging / arguing with officials

Publicly accept officials' judgements

Help your child to recognise good performance, not just results

Set a good example by recognising good sportsmanship and applauding the good performances of all

Never force your child to take part in sport

Always ensure your child is dressed appropriately for the activity and has plenty to drink

Keep the club informed if your child is ill or unable to attend sessions

Always ensure your child is dressed appropriately for the activity and has plenty to drink

Keep the club informed if your child is ill or unable to attend sessions

Use correct and proper language at all times

Never punish or belittle a child for poor performance or making mistakes

Support your child's involvement and help them to enjoy their sport

Ensure any child under the age 16 is booked in and out of the session register. We will only be responsible for a child under 16 while they are registered as attending a session.

Collect your child promptly at the end of a session

Ensure as far as possible that their child does not need to leave a session to buy refreshments or visit the toilet etc, as the club cannot be responsible for them at these times.

Ensure any fees for training or event fees are paid in advance upon request.

Not smoke, consume alcohol or take drugs of any kind whilst attending any session or event

Inform the coach of any injuries or illness their child may have or any medication they are taking before the warm-up begins

Keep to agreed timings for training and competitions or inform the club, if you are going to be late

Establish good communications with the club, coaches, Directors and Welfare Officers. For the benefit of all, share any concerns or complaints about any aspect of the club through the approved channels i.e. Director or Welfare Officer.

## EQUIPMENT SAFETY CODE

The following safety code will be strictly applied to all. In addition to our code of conduct participants must:

Never use any of the equipment unless told to do so by a qualified coach.

Never use equipment unless you have appropriate spotters/volunteers/coaches.

When spotting be attentive to the performer on the equipment and must not leave the equipment when it is in use.

Only perform new skills with the permission of, and in the presence of a qualified coach.

Not jump from one piece of equipment to another unless this has been authorised by a qualified coach.

Dismount from the equipment in the approved manner.

Wear appropriate clothing and footwear.

Tie back long hair and keep nails short

Remove all jewellery, watches and body piercings and leave them outside the activity area.

Never travel under Trampolines

Always walk around equipment and be aware of others i.e. do not walk on to floor area when in use

Never step on to the trampoline when someone else is bouncing.

Never cross the DMT/VAULT, or in front of any equipment, its runway or matting while in use.

**If the following code of conduct and safety rules are not observed or a trampolinist/gymnast/parent demonstrate, what the coach/Director deems to be reckless, dangerous or unsportsmanlike behaviour then the trampolinist/gymnast may be excluded and/or asked to leave the club.**

Last updated: September 2017