



GYMNASTS' CODE OF CONDUCT

1. Follow the instructions of all coaches at all times.
2. Cooperate, be courteous and respectful to all club members including staff, gymnasts and parents. Treat all others as you would like to be treated. Do not interfere with, bully or take unfair advantage of another gymnast.
3. Do not swear or use derogatory language based on gender, race or impairment.
4. Apply yourself properly during each training session. Train to be the best you can be. Work hard for yourself and your team.
5. Abide by the rules and be a good sport.
6. Be positive and encouraging to other gymnasts.
7. Attend all training sessions required for your level.
8. Be punctual and organised for all training sessions. Be dressed appropriately for all training sessions.
9. Never enter the training area without being invited by a coach and always leave a training area when dismissed by a coach. If you need to go to the bathroom or get a drink, ask first.
10. Notify a coach immediately if you hurt yourself
11. Notify your coach if you will be away (school camps, holidays).
12. Use all equipment in a safe manner.
13. Never use a piece of equipment or try to do any skill without being instructed to do so by a coach
14. Treat equipment gently. When you move equipment make sure that it is left in a position that will not damage it. Never break or pick foam.
15. Mobile phones are not to be used during training sessions. In the event of an emergency, please advise Office staff or a coach who will contact your parent or guardian.
16. If your parents are late picking you up, wait inside for them in the seating area in view of canteen convener or coach. If they are more than 10 minutes later than expected, please notify the Office or a coach so they may call someone for you. No gymnast is allowed to wait outside.



MAROOCHY BEACH
GYMNASTICS

TRAVEL, COMPETITION AND CLUB OUTINGS

1. While travelling to and from competitions, conduct yourself in a respectable manner.
2. Coaches will determine accommodation, meal arrangements and excursions when gymnasts travel away as a team.
3. Conduct yourself responsibly at the competition venue and on excursions with the club.
4. Wear club uniform on the competition floor.
5. Do not leave the competition arena without gaining permission from the Head Judge.
6. Do not communicate with any parents, siblings or spectators during competition as you may incur a deduction on your overall score or disqualification from the competition.
7. Attend the presentation ceremony in full club uniform
8. Respect the decision of judges and officials
9. Make an effort to attend the competitions and support fellow gymnasts in other levels.