



Code of conduct for participants

1. Participants are required to train in suitable attire. Examples of suitable attire are; leotard (preferred), with or without shorts, shorts and t-shirt, tracksuit bottoms or leggings and/or long sleeved top for warming up. Participants should wear comfortable clothing to allow freedom of movement which at the same time is not open or loose in order that the participant does not become exposed when active. Exposed zips and buttons should be avoided.
2. Gymnastics participants should train barefoot unless otherwise agreed with a coach. Trampoline participants must wear suitable socks or trampoline shoes.
3. Training commences promptly at times stated. Participants should endeavour to be prepared to begin their session on time, every session.
4. Participants are required to arrive and depart from the gym suitably dressed, i.e., with coat in winter months.
5. Participants are not allowed to wear any jewellery during training sessions or competitive events (this includes fitness bands, friendship bracelets, body rings / bars, nose studs or small stud earrings). Where piercings are recent, at the coach's discretion, it may be acceptable to train with the jewellery covered however this is done so that the participants own risk. Any covering must be supplied and fitted by the participant/parent/guardian.
6. Participants are responsible for their own clothing and equipment brought to each training session.
7. Participants must be respectful to staff, other participants and parents/guardians/spectators at all times and follow the instructions of coaches/staff without undue delay.
8. Participants must be supportive of all other participants and recognise their achievements both in and out of the gym.
9. Bullying of other participants, in any form, inside or outside of the gym will not be tolerated.
10. Participants must be brought into and collected from the gym by a responsible adult unless the gymnast is over the age of 16 or a consent form has been signed to allow children age 12 and over to arrive/depart unaccompanied.
11. Participants must complete self check-in where available and, if arriving or departing at times, other than at the normal time for their class, inform a member of staff.
12. Participants must not enter any area of the gym or use any equipment unless expressly instructed to do so by a coach.
13. Participants must not train if they are unfit to do so.
14. Participants with medical conditions that may require the use of medication during the session such as an inhaler for asthma or EpiPen for allergies must provide the labelled medication to the coach they are working with at the beginning of each session.
15. Participants have a responsibility to inform their coaches/parents/carers/club officials if they become aware of any breaches of this code of conduct by themselves or others. They also have a responsibility to report any concerns recording coaching or child protection to the appropriate individuals.
16. Participants must not act in any way which may have a detrimental effect on other participants, parents, guardians or spectators nor must they act in any way that may have a detrimental impact on the reputation of Velocity.

17. Participants must not train at any other gymnastics club, in any discipline, without the express permission of Velocity management.
18. Velocity cannot be held responsible for lost or stolen items. It is advisable for items of clothing to be labelled with the child's name.
19. Where participants are over the age of 18 they accept the responsibilities in the parents/guardians/spectators code of conduct in addition to these.
20. By participating in any of our activities all participants agree to act in accordance with this code of conduct and recognise that any breach may be handled using Velocity's disciplinary procedures, consequences of which include, but are not limited to, immediate removal from training sessions, fixed term and permanent exclusions from club activity. The decision of Velocity is final.
21. In addition to our code of conduct participants must abide by the British Gymnastics code of conduct.

Supplement for competitive participants

22. Competitive participants are expected to attend all training sessions and competitions as determined by the coaches. Failing to attend training sessions may result in withdrawal of competitive opportunities.
23. Competitive participants must inform coaches in advance if they will not be able to attend their scheduled training sessions.
24. Competitors may be required to attend training in specific attire as directed by their coach.
25. Competitive participants must act as role models to other members at all times and, when at competitions or displays, portray the club in the best possible light to others.
26. The club will endeavour to provide as much notice of competitions as possible. Once notice of a competition is given it must be prioritised over all other commitments. Failure to attend competitions will restrict entry into future competitions and may ultimately result in ejection from the competitors' squad.
27. It is the responsibility of competitors to attend all competitions in full club kit. Competitors should regularly check they have full, fitting, club kit and order replacements at least 2 months in advance of competitions.
28. As role models for the club, it is expected that all competitors and their family support every club social event and every fundraising activity. If the competitor is unable to attend/support they must inform the club, in advance, by email.