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**CODE OF CONDUCT FOR GYMNASTS**

**As a gymnast taking part in gymnastics, this is what you must follow so we can make sure everyone is happy and safe.**

**I have the right to:**

1. Enjoy the time I spend in gym and be safe

2. Be listened to

3. Be included and treated fairly

4. Be respected

5. Feel welcomed, valued and not judged

6. Be told how to tell someone if something isn’t right

7. Be able to tell someone if something isn’t right without worrying about what will happen next – I will not get into trouble by talking about my worries

**How I will behave**

1. Make the environment at Somersault a welcoming and friendly place to be

2. Celebrate my teammates; tell them when they have done well and be there for them when they are struggling

3. Respect and celebrate differences in our environment and do not be mean to people because of our differences. Everyone is welcome at Somersault

4. Tell an adult, like my Safeguarding and Wellbeing Officer, about any bullying, even if I have just seen or heard something

5. Treat other people with respect and celebrate everyone’s different levels of skills and talent

6. Respect the staff, coaches and judges, and the staff and gymnasts from other teams

7. Be a good sport, celebrate when I win and be gracious when I don’t

8. Be safe and kind to others online

9. Make sure I only use my phone in the gym in a positive way.

10 Do not use my phone to take photographs or videos of anyone in the gym without their parents’ permission

**What I will do:**

1. If something isn’t right, or if something makes me feel sad or scared, I will tell an adult, like my Safeguarding and Wellbeing Officer, or any adult that I would be happy talking to

2. Keep myself safe by listening to my coach

3. When I am in the gym, stay in places where I am supposed to be, don’t wander off without telling an adult

4. Take care of the equipment, ensure that apparatus is packed away after training in the correct way and all personal equipment is taken home

5. Make it to training and competitions on time and if I am running late, let my coach know

6. Bring the right equipment to training and competitions and wear the right clothing. Ensure that my belongings are stored in the white boxes and not on the floors. Do not leave rubbish on the floor, dispose of any rubbish in the bins

7. Do not wear jewelry to training or competitions

Remember – its okay if you are having a bad day, we all need help at times, let Somersaults Safeguarding and Wellbeing Officers know, or an adult you can trust, they can help

We expect everyone to follow their code of conduct. If you continue to ignore the Codes of Conduct, we will have to speak with Welsh Gymnastics who will work with us on their 3-step system:

Step1 Verbal warning

Step 2 Written warning

Step 3 Suspension (this means that you would not be able to do any gymnastics until your suspension time is finished) or expulsion (which means that you will not be able to do any gymnastics activity in Somersault in future)

Signature of gymnast:

Signature of parent/carer/guardian if gymnast is younger than 18:

Date: