

INVERNESS GYMNASTICS CLUB

CODE OF CONDUCT: BEGINNER & RECREATIONAL CLASSES

Inverness Gymnastics Club classes aim to provide a safe and enjoyable environment for each individual to develop and further gymnastics at their own pace. To do this, the club is committed to the following:

- IGC will provide a suitable number of appropriately qualified coaches to each session.
- IGC coaches will deliver sessions that are well prepared, safe, and suitable for all class members.
- IGC will ensure it has an up to date safeguarding policy in place and available to all members and their families. This is available on request, or on our website www.invernessgymnastics.com under the resources tab.

To support these objectives and to ensure all gymnasts have the best experience with the club, Inverness Gymnastics Club sets the following expectations.

- Gymnasts are required to train in suitable attire: no baggy clothing, no jewellery and hair to be tied back. Gymnasts should be changed and ready to warm up at the start of the session.
- Gymnasts must not train on any equipment (including the floor) without the permission and supervision of a coach.
- Parents and/or gymnasts are expected to inform coaches of any injury or illness that may affect their training.
- Gymnasts are not allowed to leave the training hall or competition arena without permission from their coach.
- Gymnasts must not use their mobile phone whilst training. If they wish to record a skill, they must get permission from their coach to do so at an agreed time (usually the end of a session).
- All gymnasts are expected and encouraged to be well mannered and respectful to coaches, club helpers and each other at all times. IGC will not tolerate bullying and behaviour or language that has a negative effect on other gymnasts or club members.
- Parents / guardians **must** sign out all primary school gymnasts in a timely manner at the end of each session.
- Parents / guardians are welcome to raise any questions or concerns with the lead coaches or club committee and should do so in a respectful manner. As a club we will aim to answer your questions in a timely manner.
- Parents / guardians are expected to ensure all term fees and other monies due are paid on time.
- Parents / guardians are expected to keep the club updated with any change of contact information, medial information or anything else that may be relevant.
- Parents/ guardians should make the club aware, as soon as possible, if a gymnast has decided not to return, this will allow the space to be offered to another child on our waiting list. If a gymnast does not attend the first two weeks of a term, and has not paid their fees, it will be assumed that they are not returning.