

*It is our aim as a gymnastics club to create a safe environment, to give all gymnasts attending the club a fulfilling and enjoyable gymnastic experience, to strive to provide the opportunity for members to achieve their gymnastic potential and to improve the physical well being, posture, co-ordination, concentration and confidence of all participants.*

Gymnasts should show respect for the gymnastic environment, equipment and other participants or competitors and should follow instructions given by the coaches or other officials.

Gymnasts should be on time for training and competitions and inform their coach or ring the Club if they are going to be late or absent.

Gymnasts should inform their coaches before training commences if they are injured or unwell.

Suitable clothing should be worn to all training sessions and long hair must be tied back tidily. All jewellery must be removed before training. No shoes or trainers are to be worn in the gym and food, drinks and chewing gum should never be taken into the gym.

Bullying or inappropriate language or behaviour will not be tolerated. Any incidence of bullying will be investigated and may result in disciplinary action being taken.

The Club encourages self discipline in our gymnasts. Any gymnast failing to maintain an acceptable standard of behaviour may face disciplinary action, which could include the withdrawal of some privileges or even a period of suspension.