



# Code of Conduct

For Gymnasts representing the club at competitions, events and trips away

Saltire Team Gymnastics strive to ensure that children, young people and vulnerable adults are protected and kept safe from harm whilst participating in gymnastics activities. We endeavour to promote the highest standards of care for participants.

Saltire has implemented an Equal Opportunities policy which we expect all of our members to abide by, it states that:

*“All members must be treated fairly and equally and must respect the rights, dignity and worth of every human being, regardless of gender, age, ethnic origin, religion, political persuasion, or disability”.*

To ensure a successful and enjoyable experience at competitions, events and trips away, it is important that gymnasts are aware of and follow the below Code of Conduct during any competition, event or trip away with the club.

- Gymnasts must always demonstrate an acceptable level of behaviour and conduct myself in a proper manner during competitions, events and trips away and must accept that they are subject to the club disciplinary procedures if their behaviour is deemed to be inappropriate or disruptive
- Gymnasts will demonstrate fair play on and off the field and will not use foul, abusive or offensive language
- Gymnasts will have respect for self and fellow gymnasts, coaches and officials at all times
- Gymnasts will show respect to their coaches and their decisions
- Gymnasts must refrain from criticising fellow gymnasts, coaches, the club or Governing Body
- Gymnasts must keep to the agreed timetable and report to the Team Manager if for any reason there has to be a change to their timetable.
- Gymnasts must remain as part of the group at all times. Gymnasts are not permitted to leave the accommodation, training or event venue without prior agreement with the Team Manager.
- Whilst on residential training camps / representative competitions, I understand that I will be allocated to a bedroom and unless agreed by the SG performance team / chaperone, must not sleep in a non-allocated room, and agree to adhere to the bedroom routine agreed
- Dress Codes:
  - Dress should always reflect the sport in a positive image. The club tracksuit plus club competition leotard / kit should be worn when attending competitions or events where you are representing the club unless otherwise agreed with the Head Coach / Team Manager



- For training - gymnasts must wear suitable training attire following Saltire's training dress code – if it is deemed unacceptable by coaches or officials, the gymnasts will be asked to change.
  - Training shorts must be of an appropriate length so as not to be revealing
  - Training tops should be fitted (no crop tops)
  - Jewellery must not be worn during training or competition
  - Long hair must be securely tied up
- Evening and social time dress code – casual wear is acceptable. As above, should not be revealing and if deemed unacceptable, the gymnast will be asked to change
- I understand that the chewing of gum and wearing of Jewellery whilst training / competing is strictly prohibited
- I understand that the purchase and/or use of alcohol, tobacco products and recreational drugs are forbidden for **all** athletes (regardless of age)
- I understand sexual intimacy is forbidden during any and all competitions, camps and trips away, and at any time while the gymnast(s) is under the jurisdiction of Saltire Team Gymnastics
- Abide by the Anti Doping Regulations as set out by Scottish Gymnastics that prohibit the use of banned substances and/or methods of doping - Possession or use of any illegal or prohibited drugs will result in immediate suspension
- Gymnasts must refrain from public criticism of fellow members, coaches, the club or the Governing Body
- A team sign in/out register will be implemented for gymnasts representing the club at trips and training camps away. Parents/Guardians must sign the gymnast in on arrival and out on departure.

#### Mobile Phones/Social Media

- Mobile phones may be used but are the sole responsibility of the gymnasts
- The club's social media policy must be followed at all times
- At all times, gymnasts agree to refrain from posting comments which can be interpreted as derogatory (slurs), demeaning, inflammatory etc. and understand that under no circumstances should offensive comments be communicated through these mediums.
- If there is any evidence of social media being used inappropriately, the facility to do so will be removed.



# GYMNAST ACCEPTANCE

Code of Conduct - For Gymnasts representing the club at competitions, events and trips away

Name of Gymnast: _____	SG Membership No: _____
Signature: _____	Date: _____
Name of Parent/Guardian: _____ <i>(for gymnasts under 18 years of age)</i>	
Signature: _____	Date: _____
Name of Club Representative: _____	
Signature: _____	Date: _____

Please return this form to the following address:

Saltire Team Gymnastics, Meadowmill, By Tranent, East Lothian, EH33 1LZ