



Northern Beaches Gymnastics Academy Participants – Code of Conduct

Part 1: Gymnast Behaviour and Attitude Guidelines

Gymnastics is a technical sport with performance at competition being one of the key indicators of progress and success. To perform difficult gymnastics routines at a high standard of execution requires the gymnasts to be focused, disciplined and committed to their training. It is a sport designed around core values such as respect, responsibility, sportsmanship, teamwork, integrity and personal accountability.

Poor behaviour from one or more participants can have a large impact on the environment that is created within a club. It does not only affect the progression and success of the club and its members, but it also can affect the safety of the members and visitors to the club/facilities and the emotional and social well-being of all members and visitors involved.

1.1 The following is a list of guidelines for appropriate gymnast behaviour, within training:

- 1.1.1 Follow the general rules of both Pittwater Sports Centre and the Northern Beaches Gymnastics Academy Programs.
- 1.1.2 Demonstrate respect and courtesy to all members, visitors and staff members within Northern Beaches Gymnastics Academy.
- 1.1.3 Demonstrate respect and care towards the facilities and the equipment within Pittwater Sports Centre and the gymnastics hall.
- 1.1.4 To Listen to and acknowledge the coaches instructions/feedback and put your hand up when wanting to ask a question.
- 1.1.5 Put your best efforts towards your training and applying the coaches feedback to your practice.
- 1.1.6 Do not touch or use any equipment/apparatus that is not being actively used within your training program at any given moment.
- 1.1.7 Focus on your own training efforts, remembering that it is not your place to provide feedback, instructions or comments to other athletes about their efforts.
- 1.1.8 Support your teammates at all times, in the same way you would want them to support you.
- 1.1.9 Communicate in an appropriate manner towards all NBGA coaching staff members whenever you have any questions, need further explanation/understanding about a task or need to notify the coach about something.

- 1.1.10 Act in a manner that represents NBGA in a positive light to the greater community.
- 1.1.11 Act as a role model and mentor towards the other gymnasts/members within NBGA.

1.2 The following is a list of guidelines for appropriate gymnast behaviour, whilst representing NBGA Gymnastics at a competition/event:

- 1.2.1 Be prepared for competition by having all personal equipment and accessories ready, and ensuring that the correct competition attire is worn and kept in good condition.
- 1.2.2 Be co-operative with coaches, judges and other competition officials.
- 1.2.3 Never to argue with an official. If concerned about anything, use the appropriate system to query.
- 1.2.4 Be a good sport and acknowledge the efforts and achievements of others.
- 1.2.5 Treat other competitors with respect and dignity at all times.
- 1.2.6 Remain on the competition floor throughout the entirety of the event or (when necessary) follow the correct procedures when needing to leave e.g. to use the bathroom or if injured or ill.
- 1.2.7 Attend the presentation ceremony for all competitions, whether or not you will be acknowledged for your efforts. Every athlete deserves to be acknowledged for their achievements as well as to be shown respected by their fellow competitors at award ceremonies. As such NBGA gymnasts are encouraged to cheer and acknowledge all gymnasts achievements at competition whether it be their own, a team members or a gymnast from another club.

1.3 The following behaviours are not acceptable within the gymnastics program at Northern Beaches Gymnastics Academy:

- 1.3.1 ALL coaches and participants within NBGA programs deserve to be treated with respect. Bullying, abuse and physical violence will NOT be tolerated and will result in exclusion from the session and possibly the program.
- 1.3.2 Distracting other participants during the programs.
- 1.3.3 Laughing at other participants or making fun of them.
- 1.3.4 Purposefully making another gymnast, member, visitor or staff member feel upset, hurt or belittled
- 1.3.5 Behaving in a manner that purposefully interrupts the running of the class or program, the productivity of the class or another members ability to complete their training program as intended.
- 1.3.6 Talking or interrupting the class whilst either the coach is trying to address the class/provide feedback or whilst other athletes are trying to practice their gymnastics.

- 1.3.7 Manipulating other participants thoughts, opinions or feelings about certain situations within training.
- 1.3.8 Touching other gymnasts or participants in any way other than helping to spot or support them during an exercise.
- 1.3.9 Negative physical contact such as pushing, hitting, pinching, slapping, pulling hair, scratching, stepping on someone's foot/toes etc. are all unacceptable behaviours that will result in a strike for bad behaviour.
- 1.3.10 Arguing with a coach or another participant at any time.
- 1.3.11 Using inappropriate language or discussing inappropriate topics. Leaving the gymnastics training area without notifying the coach or permission from the coach
- 1.3.12 The use of mobile phones within the scheduled class time without the permission of the coach (e.g. the coach may grant permission for an athlete/ participant to contact their parents in regards to situations such as illness, injury, forgotten uniform items, organising transport home from training etc.)
- 1.3.13 Inappropriate behaviour towards the facilities or equipment within PSC. This includes, but is not limited to:
 - 1.3.14 Picking at or throwing of the foam around the gym
 - 1.3.15 Scratching or putting marks on the equipment within PSC and NBGA Gymnastics Hall (this includes putting chewing gum on any of the equipment/facilities)
 - 1.3.16 Touching the chalk unless asked to by the coach, using an excessive amount of chalk or purposefully wasting the chalk/creating mess within the gymnastics hall with the chalk.
 - 1.3.17 Moving equipment within the gymnastics hall without permission from a coach.
 - o Modifying equipment settings without permission from a coach, as this can be dangerous to the athlete and/or others that are also using the equipment
 - o Throwing the equipment or treating it poorly when moving it around the gymnastics hall.
- 1.3.18 Using other athletes equipment without permission/using other athletes equipment in an inappropriate manner e.g. breaking it, mistreating it, misplacing it etc.
- 1.3.19 Drawing on/writing on any of the equipment or facilities within PSC and the gymnastics hall. This includes the bathroom sign in/out sheets, the walls within the gym (usually written in chalk), the floor or equipment (usually with chalk) as well either on the white boards or chalk boards used within the gymnastics hall (without a coaches permission)
- 1.3.20 Littering within PSC and the gymnastics hall (including within the squad locker room and cupboard area).
- 1.3.21 Mis-use of the squad locker room including failure to notify a coach when dirty or the bin needs re-filling.

Part 2: NBGA Gymnastics centre rules for both gymnasts and parents

2.1 Before Class:

- 2.1.1 All NBGA participants must wear shoes to and from the centre (running shoes preferable).
- 2.1.2 All NBGA participants must walk through the viewing area to access the gate next to the sign-in desk to enter the gymnastics hall. DO NOT walk through the first gate across the gymnastics floor.
- 2.1.3 All NBGA Competitive Program gymnasts are allowed to enter the gymnastics hall before class to access the locker room.
- 2.1.4 They are allowed to keep their bag and belongings up in the locker room throughout their training sessions as long as they are behaving appropriately whilst using this area.
- 2.1.5 No athletes are to get changed in this area (this includes MAG athletes changing into their longs).
- 2.1.6 Please use the bathrooms accessible via the viewing area before class.
- 2.1.7 Competitive Program athletes are responsible for maintaining a clean environment in the locker room. If it is becoming dirty or the bin needs emptying they are welcome to help clean the area or if they do not know how to clean it, to notify a coach to help.
- 2.1.8 Food is only allowed in the locker room if the athletes are maintaining a clean environment. If they cannot keep it clean, then we will enforce a no food policy in the locker room for a certain period of time.
- 2.1.9 Gymnasts may wait upstairs in the locker room before class or in the viewing area near the sign in desk. We expect the gymnasts to be waiting patiently, talking quietly amongst themselves before class and to be ready to go as soon as it is time to start.
- 2.1.10 No gymnast is to use any gymnastics equipment or apparatus before their class has begun. If they do, they will be issued a behaviour warning.

2.2 During Class:

- 2.2.1 Once the class coach invites the participants into the gymnastics hall, the participants are expected to follow their coaches/ instructors instructions until the time in which their parents pick them up.
- 2.2.2 Each coach/ instructor will explain their expectations for the gymnasts/ participants within their class group. The coaches will work with their gymnasts/ participants and the parents to make sure that the participants understand what is expected of them.

- 2.2.3 All gymnasts and participants will be required to complete a pre-designed warm-up program and cool-down program for every gymnastics session. This includes situations where a gymnast may arrive late to training even if it requires the gymnast to miss-out on some time spent training on the apparatus. This also includes situations where a gymnast might need to leave training early or are in a rush to leave training.
- 2.2.4 There are guidelines in regards to what the gymnast's and participants wear to training and what items they must provide themselves with for training. Some further explanation of our rules and procedures in regards to this are as follows:
- 2.2.4.1 If gymnasts do not have the correct gymnastics equipment for their training session, the coaches may ask them to do a different program to the rest of the class Example: if they do not have their grips for bars the coach cannot allow them to train on the bars as it is not safe. They may be asked to join a different group, do a metal bar program or a bars conditioning program instead (This also includes if they do not have their running shoes and the program involves outdoor running).
- 2.2.4.2 If gymnasts and participants do not have appropriate gymnastics attire or appearance (includes hair and jewellery), our coaches have the right to refuse entrance of that child for the training session due to not being able to provide a safe training program for that athlete. Example: if the gymnast is wearing incorrect clothing that could be potentially dangerous, if they do not have the means to tie back their hair or if they have a piece of jewellery on that they cannot take off or refuse to take off.
- 2.2.4.3 If gymnasts and participants arrive to training in an unclean or unhygienic state that will either effect the training environment (equipment) or pose a health risk to others Example: if they are covered in dirt or mud, have wet paint on their body or wet colourful hair spray that might stain the equipment, have uncovered warts or any contagious diseases such as conjunctivitis, chicken pox, viruses etc. the coaches have the right to either ask the child to clean themselves before being allowed into the gymnastics hall or to refuse entrance of that child.
- 2.2.5 During class, no participants are to use their mobile phones without prior permission from a coach. The times that this acceptable (with prior permission from a coach) will include situations where a participant must contact their parents in regards to illness, injury and extenuating circumstances. Any participants found to be using their mobile phone during class will be issued a behaviour warning.
- 2.2.6 In general, we do not allow the gymnast to eat during class. If you find that your child is struggling to maintain their energy levels or are becoming excessively hungry during class, please contact their coach who may then give permission

for a small amount of fruit/vegetables or a small snack to be consumed during these situations.

- 2.2.7 Chewing gum during class is not acceptable and gymnasts/ participants found to be chewing gum will be asked to put it in the bin.
- 2.2.8 Athletes should always ensure they have adequate water to consume across the day at school, during training and post training to allow for optimal hydration and recovery.
- 2.2.9 Use of the locker room during class time is limited to times when the athletes need to get something out of their locker or bag. Gymnasts are required to bring all of their training equipment for the session downstairs before class starts and will be reminded of this, we notice certain athletes constantly asking to go up to the locker room.

2.3 After class:

- 2.3.1 All parents are asked to come inside the gymnastics centre at the end of class to pick up their child. This ensures that our staff members know the child is safe and has left the centre with the correct adult supervision.
- 2.3.2 After class we will require the athletes to ensure that they have properly packed up and cleaned the equipment that they have used for that training session.
- 2.3.3 Once all equipment has been properly put away, gymnasts may access the locker room to retrieve their belongings. The last athlete upstairs each evening is asked to turn off the light before coming back downstairs.
- 2.3.4 If you are running late or there is a change in your plans for who is picking your child up, please either call up our reception office if you find out before 5:00pm or message the coaches using the Team App.

2.4 For competitions/events:

- 2.4.1 Gymnasts are expected to arrive at the competition/event venue 30 minutes before they are scheduled to begin warm up.
- 2.4.2 It is expected that gymnasts arrive already in their competition uniform and with their hair done. For competitions/events where gymnasts must travel a significant distance, gymnasts can wear their tracksuit and t-shirt to the event and then change into their leotard on arrival. If for any reason a gymnast is going to do their hair once they arrive at the event, they must ensure they leave enough time to complete it and have all the required hair accessories.
- 2.4.3 Gymnasts should pack their competition bag the night before to ensure that they have everything they need on the day. Gymnasts forgetting their grips for competition or not being able to find their uniform items the morning of the event only causes stress and can lead to the gymnast not being able to compete.
- 2.4.4 Throughout the competition/event, gymnasts must comply with all competition rules and regulations as set out by Gymnastics NSW/Australia or the appropriate governing body if competing outside of NSW/Australia.

Part 3: NBGA protocol for dealing with incidence of poor/inappropriate behaviour

In the case of gymnasts displaying poor behaviour/attitude within programs at NBGA, the following protocol will be followed by the NBGA coaches and management team:

3.1 Minor incidence of poor behaviour or attitude

3.1.1 Minor instances of poor behaviour or attitude will be dealt with on a three warning system. Coaches/ instructors will make sure the participant understands that the behaviour was inappropriate and that either a first or second warning has been issued.

3.1.2 When the third warning occurs within the same training session, the coach/ instructor will ask the participant to spend some time not participating in the program session (whilst remaining in the view of the coach at all times). The coach will notify the parents at the end of the session that the 3 warnings were issued and the participant was required to sit out of training for a period time.

3.1.3 If this becomes a recurring incident across multiple training sessions, the coach/ instructor will notify the program manager who will organise a meeting with the both the parents and the coach/coaches, to discuss strategies that can be implemented to help the participant to control their behaviour/attitude.

3.1.4 If after meeting to discuss strategies for behavioural change, the participant continues to demonstrate poor behaviour/attitude, they will then receive an official strike (as per number 1 on the major incidence list below) and be asked to follow the associated protocols.

3.2 Major incidence of poor behaviour or attitude (Including any incidence of bullying)

3.2.1 The participant will immediately receive an official “strike” and the parents will be asked to meet to with the program manager and class coaches to discuss the situation.

3.2.2 If a second major incident occurs, the participant will immediately receive a second official “strike” and the participant will receive a one-week suspension from both training and any competitions/events. The program manager will organise a meeting between the parents, the coaches and this time also with the participant.

3.2.3 If a third major incident occurs, the participant will immediately receive a third official “strike” signifying a one-month suspension from both training and any events/competitions that occur within the 1 month period.

3.2.4 At the end of the one month suspension, the participant can return to training on a probationary period of one-week however they must first meet with the program manager, their personal coaches/ instructors and their parents and agree to the probationary conditions of return. Training tuition must be paid for in order for the participant to return to any training, including the probationary period (a one week pro rata can be applied). As part of the probationary conditions of return, the participant must be read a copy of this document and must sign each section, agreeing to follow these procedures and guidelines.

3.2.5. If the behaviour re-occurs either during or after the probationary period, the participant position as a member of NBGA programs will be placed under consideration and may become terminated.

PARENT/GUARDIAN BEHAVIOUR and “SIDELINE” ETTIQUETTE GUIDELINE

The following are guidelines set down by the NBGA Programs. We ask that all program parents meet these guidelines in order to help us create a positive sporting environment and reduce sport rage by having our NBGA family members be good role models to our athletes.

1. Respect the rights, dignity and worth of others.
2. Remember that your child participates in the sport of gymnastics for their own enjoyment and not yours
3. Focus on your child’s efforts and performance rather than on winning or losing.
4. Never ridicule or yell at your own child or other children for making a mistake or losing a competition.
5. Show appreciation for good performance by all participants, including participants from other teams.
6. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions set an example.
7. Respect officials decisions and teach your children to do likewise.
8. Do not physically or verbally abuse or harass anyone associated with the sport of gymnastics (participant, coach, judge and so on).
9. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
10. Be a positive role model.
11. Understand the repercussions if you breach, or are aware of any breaches of this code of behaviour.

The following are some helpful tips provided by “Play by the rules” government initiative, in order to once again help us create a positive sporting environment and reduce sport rage by having our PSC family members be good role models to our athletes.

1. Encourage Fair Play by:

- a. Cheering and acknowledging all gymnasts achievements whether they be your own child, another member of their club or from a different club at competition
- b. Thank the coaches, club officials and members of other clubs at the end of competition

2. Respect Officials, Coaches and Opponents:

- a. Accept decisions by officials – they are human and can make mistakes
- b. Deal with issues in a controlled and professional manner after the training session/competition.

3. Keep your emotions in check

- a. Be enthusiastic, but don't scream instructions from the viewing area or audience
- b. Don't get into shouting matches with anyone c. Never use bad language or harass others.

4. Uphold your club's code of conduct

- a. Understand, uphold and support your club's code of conduct for parents.
- b. If you have put your hand up to be an official in junior sport it's important to understand all your club's rules and regulations, the spirit of the game and the relevant codes of conduct.

5. Help kids to enjoy sport

- a. Emphasise trying hard and having fun, not only winning
- b. Never ridicule or yell at a child for making a mistake.
- c. Use the Let Kids Be Kids national campaign resources and videos, to promote positive environments in sport

In addition to the above Parent/Guardian code of behaviour, Northern Beaches Gymnastics Academy asks that you abide by the following Parent/Guardian Etiquette Guidelines at all times during your attendance on-site at the PSC facility.

1. For your own safety and the safety of others, no one is to enter the Gymnastics Hall without the expressed permission of the coach/ instructor.
2. Parents/Guardians are asked to remain outside the Gymnastics Hall at all times (the exception is parents/Guardians of Kindy Gym Gymnasts) unless invited in by a qualified coach. Entering and exiting the Gymnastics Hall must be done so in an orderly manner and shoes are not to be worn (coaches are the exception)
3. Parents/Guardians need to collect their gymnast promptly at the end of the session, please notify staff in the case of extenuating circumstances.

4. Siblings of the child participating are not allowed in the gymnastics hall unless they are also booked into the same or a concurrent class.
5. Once gymnasts are under the coach's/ instructors supervision, parents are asked to refrain from interacting with their children as this is a distraction to the child, the coach/participant and the other children in the class.
6. Parents/guardians are reminded that all coaches and gymnasts/ participants deserve to be treated with respect. Bullying, abuse and physical violence will not be tolerated and will result in exclusion from the session and possibly the program. Warm-up and cool-down are essential parts of all gymnastics sessions. If a gymnast is late for their session or has the need to leave early they will be required to complete a pre designed warm- up/cool-down before joining the class or leaving.