



Aquila Code of Conduct - Gymnasts

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Aquila is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Cheryl Gumieniak the Welfare Officer

Aquila aims to offer a positive experience where our members can learn new things in a safe and positive environment.

As a member of Aquila, you are expected to abide by the following the code of practice at all time:

General

- Arrive on time for each training sessions. If you are unable to attend a session or will be late where possible inform your coach beforehand
- Wear the appropriate clothing
 - Socks or trampolining shoes
 - Suitable long or short sleeved t-shirts, shorts or tracksuit bottoms, or leotards i.e. close fitting clothing that permits free movement. NO jeans, combat trousers of any other clothing with hooks, zips, toggles etc that may catch on the trampoline
 - No jewellery. If a body piercing cannot be removed then it must be covered with a plaster
 - Hair below the shoulders must be tied back securely.
- Warm up prior to getting on the trampoline as directed by your coach
- Individuals of an appropriate size may assist in putting out/away the trampolines but only in the presence of a qualified coach and after being trained to do so.
- Always inform your coach at the start of the session of any recent medical problems that could affect your training
- All gymnasts are expected to approach training with enthusiasm and commitment

Behaviour around the trampoline

- When you are not on the trampoline you are expected to spot. When spotting you must always pay attention to the person on the trampoline
- No swinging under the trampoline, running under the trampoline or under the mats in the middle of the trampoline
- No mobile phones are allowed around the trampoline. All phone must be kept either in the gymnasts bag or in the phone bucket.
- Do not get on the trampoline until the person before you has dismounted

Behaviour on the trampoline

- Only use the trampoline when the coach is present and you have suitably sized spotters
- Behave and listen to all instructions from the coach.

- Only try a new skill with the permission of your coach. Do not attempt a skill because you have seen someone else try it
- If you are unsure of what you need to do always or do not understand what you are being asked to do always ask your coach to explain again

Club Atmosphere

- Respect other club members and try to help each other out in achieving your goals
- Treat other people as you would like to be treated yourself. No form of bullying will be tolerated at any level.
- Do not get involved in inappropriate peer pressure and push others into something they do not want to do.
- Take care of equipment owned by the club.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background or religious beliefs or sexual identity.
- No smoking, consumption of alcohol or drugs of any kind whilst representing the club at competitions or other events

Behaviour at competition

- Turn up on time to the competitions
- Always wear the appropriate club competition attire: Aquila competition leotard (and whites for boys), white socks or trampolining shoes, no jewellery and all long hair suitable securely back
- From the time your general warm up begins, until your group has finished competing, you must stay within the competitor's area for your panel unless authorised to do so by the competition Marshal e.g. to go to the toilet etc.
- No contact with members of the judging panel should ever be attempted. British Gymnastics rules state that a gymnast should not enter the judging or recording area
- If you feel the judging is incorrect speak to your coach and leave it to them to deal with the issue
- Respect all the competition officials and help out where asked to
- Demonstrate good sportsmanship at all times but acknowledging good performances and not criticising others.
- If you are unsure of what to do or where to go then ask one of the coaches