

## **Gymnast code of conduct**

By signing up and registering with Rhythmic Excellence you agree to adhere to the following Code of conduct for gymnasts

- All members must participate within the policies, rules and code of conducts at Rhythmic Excellence and respect coaches, teachers, judges and their decisions.
- All gymnasts have to respect the club coaches, officials and fellow gymnasts. As representatives of RE during competitions, festivals and official events as well as everyday training, gymnasts must display professional and respectful conduct at all times. Never participate in any form of bullying
- Members should keep to agreed timings for training, rehearsals and competitions or inform their coach / teacher if they are going to be late or are unable to attend a training session, rehearsal or event.
- Members should put 100% effort into training and strive to do their best at all times, even if it means that they don't win every time, taking part is what really matters.
- Gymnasts have to carefully follow all instructions by the coaches and behave in an appropriate manner before, during and after the sessions. They are not allowed to leave the premises without permission from the Head Coach for safety and security reasons.
- Gymnasts are strongly advised to not train at home without the supervision of a qualified coach.
- Members should refrain from using mobile phones during their training session.
- Members must not smoke, consume alcohol or take drugs of any kind whilst representing Rhythmic Excellence at competitions, training sessions or other events.
- RE monitors each gymnast's attendance on a weekly basis. Poor attendance might result in withdrawal of the gymnast from competitions, shows or events.
- Gymnasts who have registered to take part in shows or competition can not withdraw their attendance, unless unexpected/serious circumstances. Failure to this, will result in not confirming/inviting gymnasts' to future events and any fees to be reimbursed to other members
- All hair must be tied back neatly in a bun. Gymnasts will be refused entrance to the class if they do not adhere to this requirement. All jewellery must be removed prior to class (for more information please check the British Gymnastics Body Piercing and Adornments Policy). Members should also ensure nail length is kept to a safe and hygienic length

**All RE gymnasts must wear RE's training leotard (to be purchased from RE at the beginning of the term and anytime needed) and black leggings/shorts or tights.**

- All gymnasts are strongly advised to not buy any apparatus/equipment without the direction of their coach. Failure to this, might result in having to buy the equipment twice. RE strongly recommends asking the gymnasts' coaches before buying new equipment or Apparatus.
- All gymnasts need to purchase their own apparatus in order to attend the session, RE does not provide apparatus for training. In the event of a gymnast not purchasing or forgetting their apparatus, the gymnasts will practice without. All gymnasts must buy a rhythmic gymnastics Rope and the purchase of all the other equipment will be directed by one of RE coaches as and when needed for training.

- From time to time, equipment may be on order and coaches will ask the girls to share equipment during this period. Coaches may also use the apparatus to demonstrate something to the girls and we will ask to use the equipment available. We also encourage the girls to share and help one another as teamwork is paramount to our club, however gymnasts' should politely ask to use one another's equipment, before taking it under coaches' instructions. By all means, if the equipment is lost or damaged, the gymnast who has borrowed it is liable for replacement.
- Gymnasts should inform their coach if they feel unwell or have an injury before the session starts