

Fareham School of Gymnastics

Club Code of Conduct

At Fareham School of Gymnastics, we are committed to creating a safe, supportive, inclusive, and positive environment where every gymnast can enjoy gymnastics, develop confidently, and feel respected and valued.

To help maintain this environment, we ask all gymnasts, parents/carers, and coaches to follow the expectations outlined below.

Gymnast Code of Conduct

- Arrive on time and ready to participate positively in sessions.
- Treat coaches, staff, volunteers, and fellow gymnasts with kindness and respect at all times.
- Listen carefully to instructions and follow safety guidance appropriately.
- Wear suitable gymnastics clothing, with long hair tied back and all jewellery removed before training.
- Use equipment safely and only under the direction of coaches.
- Respect the gym environment and all venues used by the club.
- Use appropriate language and behaviour during all club activities.
- Support and encourage teammates and show good sportsmanship.
- Avoid behaviour that may upset, exclude, intimidate, or bully others.
- Inform a coach before leaving the training area for any reason.
- Remain with club staff at the end of sessions until collected by a parent/carer unless prior permission has been provided.

Gymnasts Have the Right To:

- Feel safe, supported, and respected within the club.
- Be treated fairly regardless of age, gender, race, ability, or background.
- Be listened to if they have worries or concerns.
- Enjoy gymnastics in a positive and encouraging environment.
- Receive appropriate support if injured or unwell.

Concerns Regarding Behaviour

Where behaviour falls below the standards expected, the club will aim to work positively with gymnasts and parents/carers to resolve concerns appropriately. Ongoing or serious breaches of conduct may result in temporary suspension or removal from classes where necessary to protect the wellbeing of others.

Parent/Carer Code of Conduct

- Ensure all contact, medical, and emergency information is accurate and kept up to date.
- Ensure gymnasts arrive appropriately dressed and prepared for sessions.
- Ensure gymnasts are collected promptly following sessions.
- Inform the club of absences or significant concerns affecting participation.
- Treat all staff, volunteers, officials, gymnasts, and families respectfully.
- Communicate concerns calmly and constructively through appropriate channels.
- Support coaches to lead sessions without sideline instruction or interference.
- Encourage effort, enjoyment, resilience, and personal development over comparison or outcomes.
- Promote respectful behaviour and good sportsmanship both inside and outside the gym environment.
- Use social media responsibly and respect the privacy of all gymnasts and families.

Photography & Social Media

Parents/carers must not share photos or videos containing other gymnasts without appropriate consent.

Concerns Regarding Conduct

The club reserves the right to take appropriate action where behaviour from parents/carers negatively impacts gymnasts, staff, or the wider club environment.

Coach Code of Conduct

- Prioritise the wellbeing and welfare of gymnasts at all times.
- Hold appropriate British Gymnastics qualifications, memberships, and insurance.
- Maintain current safeguarding and DBS requirements.
- Deliver safe, age-appropriate, and progressive coaching.
- Promote a positive, inclusive, and respectful environment.
- Act professionally and respectfully towards gymnasts, families, and colleagues.
- Follow all safeguarding, health and safety, and club procedures.
- Ensure equipment is checked and used appropriately.
- Maintain appropriate professional boundaries at all times.
- Act as positive role models for all gymnasts.

Safeguarding

All coaches are expected to follow British Gymnastics safeguarding guidance and report any concerns appropriately.

Squad Expectations & Commitment Agreement

Purpose of the Squad Programme

Our squad programme is designed to provide committed gymnasts with a structured, supportive, and progressive training environment focused on long-term athlete development, wellbeing, teamwork, and personal growth.

Selection into squad reflects readiness for increased commitment, responsibility, and training expectations.

Squad Expectations

- Demonstrate consistent attendance, punctuality, and commitment to training.
- Communicate absences, injuries, or concerns promptly.
- Maintain respectful behaviour towards coaches, teammates, judges, officials, and competitors.
- Show a positive attitude towards feedback, effort, and development.
- Support the wider squad environment and team culture.
- Attend competitions and squad events where appropriate and agreed.

External Coaching & Additional Training

Competitive squad gymnasts are expected to train primarily within the club programme.

To ensure consistency of coaching, athlete wellbeing, injury management, and clear programme direction, any external gymnastics coaching, private lessons, workshops, or training with other coaches/clubs must be discussed with and agreed by the club in advance.

The club recognises that additional opportunities can sometimes be beneficial; however, the club reserves the right to review squad suitability and placement where external training arrangements create significant conflict within the club programme, coaching direction, safeguarding expectations or the welfare and cohesion of the squad environment.

Parent Communication Within Squad

- Trust coaches to lead the programme appropriately.
- Raise concerns respectfully and through appropriate communication channels.
- Avoid discussing coaching disagreements in front of gymnasts.
- Support gymnasts emotionally without creating unnecessary pressure around outcomes or progression.

Squad Review & Participation

Squad placement is reviewed on an ongoing basis and considers:

- Attendance and commitment
- Behaviour and attitude

- Coachability and engagement
- Wellbeing and suitability for the programme environment
- Communication and support from both gymnast and family