

CODE OF CONDUCT

Excel Gymnastics Academy is fully committed to safeguarding and promoting the well-being of all gymnasts, members and staff/volunteers associated with the club. To ensure the effective running of Excel and to protect all individuals connected with the club it is important that the following codes of conduct are read, respected and adhered to at all times:

CODE OF CONDUCT FOR COACHES/VOLUNTEERS

- Arrive in time to help the lead Coach set up the gym and brief you on the session plan.
- Always consider the well-being and safety of participants before the development of performance .
- Develop an appropriate working relationship with performers, based on mutual trust and respect - Never abuse your authority or power as a coach.
- Always work within the boundaries of your qualification.
- You must ensure you have valid insurance cover and a valid enhanced CRB.
- Ensure all activities are appropriate to the age, ability and experience of the gymnasts.
- Treat every gymnast as an individual and set realistic goals and targets that are obtainable - Unrealistic goal setting can have damaging effects on a gymnast.
- Always promote the positive aspects of the sport - Gymnastics should be fun for all so provide plenty of encouragement and create a positive and enjoyable experience for all.
- Never punish or demean a child for losing or making mistakes. It is through mistakes that performers learn and develop as a gymnast.
- Display consistently high standards of behaviour, language and appearance.
- You must never be under the influence of alcohol while gymnasts are in your care.
- Excel Gymnastics Academy will not condone the use of illegal substances.
- Follow all guidelines laid down by British Gymnastics and Excel Gymnastics Academy.
- Do not exert undue pressure on performers to obtain personal benefit or reward.
- Encourage participants to value their performances and progressions.
- Encourage gymnasts to accept responsibility for their own performance and behaviour.
- Mobile phones must not be used in the gym (unless you are the Lead Coach or Head Coach and it is the emergency contact number communicated to parents / guardians – in this instance it should only be used in case of emergency and not for personal use).
- Jewellery must not be worn in the gym.
- Food and drink must not be consumed in the gym (you may bring a sealed drinking bottle in the gym but it must only contain water).
- Risk asses all equipment before use to ensure the gymnasts safety and report any damaged equipment to the Head Coach immediately.
- Always report any incidents, referrals or disclosures immediately, following the appropriate guidelines set out in the BG Safeguarding and Protecting Children Policy.
- Make sure that confidential information is not divulged unless with the express approval of the individual concerned.
- Always remain upbeat and positive while coaching and never sit down on the job.

Breaching the code of conduct will lead to disciplinary action and in extreme cases will result in loss of employment/exclusion from the club.