



# SPRING SPORTSPARK CODE OF CONDUCT

## **Gymnasts, Gym Users Parent, Carers & Visitors Coaches & Volunteers**

SPring Sportspark is fully committed to safeguarding and promoting the well-being of all our members. The club believes it is important that gymnasts/gym users, coaches, volunteers, parents/carers and visitors associated with the club should, at all times, show respect and understanding for the safety and welfare of others and respect the facility. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club, with our welfare office Jamie Bennett:

[Jamie.bennett@uea.ac.uk](mailto:Jamie.bennett@uea.ac.uk)

Everyone at SPring has a part to play in upholding high standards of behaviour and conduct. It is therefore vital that there is a clear Code of Conduct, upheld within a safe, secure and positive environment. You are expected to abide by the following club rules. Failure to comply with any of the rules may result in you being asked to leave the Gymnastics Centre immediately.

The primary aims of SPring's Codes of Conduct are:

- To create a calm and ordered training environment
- To promote an environment to help our gymnasts and gym users to control themselves and to learn that they are responsible for their own behaviour
- To encourage consideration for others by promoting respect, courtesy, tolerance, teamwork, trust and honesty within the wider community (including gymnasts, staff, volunteers and parents/carers)
- To support the development of self-esteem and self-respect for gymnasts
- To develop pride in the efforts, skills, abilities and work ethic, as well as achievement of gymnasts

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## GYMNASTS & GYM USERS CODE OF CONDUCT

- All participants must participate within the structure of the session and respect coaches, volunteers and other participants
- Participants must keep to agreed timings for training. They should arrive 5 minutes prior to the start of the session, so training can start promptly, run smoothly and so all gymnasts are appropriately 'warmed up'. If the warmup is missed, then participants will not be permitted into the session
- Participants are not allowed into the Gymnastics Hall unless the class is called and instructed to do so by a coach who is there to supervise
- Participants must inform the coach of any injuries or illness they may have before the warm-up begins or at the onset if occurs during the session
- Participants who have had Norovirus symptoms must not attend their session for 48 hours after the last episode of vomiting or diarrhoea to stop the spread of infection with other participants or staff
- Participants must wear suitable attire for training - leotard or sports clothing. No zips, buckles, buttons or hoods
- Participants must not change in the corridor outside of the Gymnastics Hall, they should use the changing rooms provided
- Hair must be tied back
- Remove all body jewellery, accessories and watches. Any participant with hooped jewellery on will not be permitted into the session
- Shoes are not permitted in the Gymnastics Hall itself, unless indoor cheer shoes – they should be removed and placed under the wooden bench in downstairs viewing area. Sportspark takes no responsibility for personal belongings that are left in the Gymnastics Centre
- Socks are not permitted during training unless attending a trampoline class
- Chewing gum is strictly prohibited
- Only participants to use the toilet within the gym during training/event times

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# SPRING SPORTSPARK CODE OF CONDUCT

## GYMNASTS & GYM USERS CODE OF CONDUCT - continued

- Participants should treat all equipment with respect
- Participants should treat the sports centre and its surroundings with respect
- Participants must not use bad language
- Participants under the age of 16 years old must always remain within the gymnastics centre unless given permission to leave by the coach in charge
- Alcohol or any other forms of substance consumption is prohibited before, during or after training or events
- Participants should come to training with a good positive attitude, show respect to all coaches, obey all gym rules and set a good example to others in the gym
- Poor behaviour, swearing and disrespect is not tolerated at SPring Gymnastics
- Criticising other gymnasts is not tolerated. Gymnasts should support other gymnasts to do their best, celebrating success and achievements
- Participant under 16 years old, misbehaving, creating a distraction or being a risk to other gym users (or themselves) will be asked to sit out and their parent/carer will be informed at the end of the session. If misbehaviour continues, the parent/carer or participant will be asked to withdraw the child from their class
- Participant over 16 years old, misbehaving, creating a distraction or being a risk to other gym users (or themselves) will be asked to stop what is deemed to be unsafe practice or misbehaving. If misbehaviour continues, the participant will be asked to withdraw from their class or session





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## PARENTS, CARERS & VISITORS CODE OF CONDUCT

- Support your child's involvement and help them to enjoy the sport. Never force your child to take part in sport
- Demonstrate, in personal behaviour, that all members of the SPring community should be treated with respect, using appropriate language at all times
- Encourage your child to treat everyone at the Club with politeness and respect. Praise your child's behaviour where it is positive and correct it when it could be deemed negative/lead to conflict
- Never use threatening or abusive behaviour towards children, volunteers, coaches or other parents
- Respect the knowledge and professionalism of SPring's coaches in planning, preparing and coaching your child. Do not attempt to coach your child in the gym, display any disruptive behaviour or interfering/distracting coaches/gymnasts whilst a session is in progress
- Share any concerns, relevant and medical information with the coach in charge of your child's session
- Approach a member of the coaching team appropriately to help resolve issues of concern. Should you wish to make a complaint, please do so by contacting the Senior Coach, Kayleigh Cooper: [Kayleigh.cooper@uea.ac.uk](mailto:Kayleigh.cooper@uea.ac.uk)
- Gymnasts should arrive 5 minutes prior to the start of the session, in appropriate attire for their session, with long hair tied back and all jewellery removed
- Always collect your child promptly at the end of a session; gymnasts under 12 years old should be collected from training sessions by a responsible adult
- Comply with the Sportspark's no photography/video policy when spectating
- Use our upstairs viewing gallery when spectating sessions





# SPRING SPORTSPARK CODE OF CONDUCT

## **STAFF, COACHES & VOLUNTEERS**

- Act as a positive role model and lead by example
- Demonstrate good coaching practice and provide motivation to all gymnasts and coaches
- Display consistently high standards of behaviour and appearance; dressing suitably, removing jewellery and not using inappropriate language at all times
- Never consume alcohol immediately before or during training or events
- Understand that there is a need to work together with parents/carers for the benefit of the gymnasts
- Consider the well-being and safety of participants before the development of performance
- Develop an appropriate working relationship with participants based on mutual trust and respect
- Hold the appropriate valid qualifications and insurance cover; coaching skills covered within qualification parameters only
- Deliver positive, progressive, fun and safe sessions
- Ensure that all activities are appropriate to age, ability and experience of those taking part and ensure that all participants are suitably prepared, both physically and mentally when learning new skills
- Give full commitment to methodology of coaching regardless of personal feeling towards gymnast, their level of ability, age
- Recognise the rights of all gymnasts to be treated as individuals
- Do not engage in any form of sexually related contact with an any gymnast
- Should promote the welfare and best interests of the gymnasts
- Make sure that confidential information is not divulged unless with the express approval of the individual concerned
- Report any incidents, referrals or disclosures immediately, following the appropriate guidelines set out in the Club's Safeguarding Policy
- Promote the positive aspects of the sport (e.g. fair play)
- Encourage gymnasts to value their performances and not just results
- Do not use mobile telephones at any time during a coaching session
- Supervise the dispersal of gymnasts at the end of each session (at the exit barrier)
- Communicate with parents/guardians as required e.g. advising of an injury

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