**Gymnast Code of Conduct**

As a member of HGC you are expected to abide by the following club rules. These rules are set out so we can offer all members the opportunity to have fun, whilst learning in a safe and happy environment.

* Members need to be punctual to training and ready to start at the agreed time. Gymnasts need to keep to agreed timings for training and competitions or inform their coach (via parents/carers) if they are going to be late.
* Members must wear suitable clothing and sportswear in all training sessions, no denim or tracksuits with toggles or buttons. Squad gymnasts must wear a leotard (male and female).
* All long hair MUST be tied back, either in a neat bun or plaits. This is a health and safety requirement. Gymnasts will not be able to participate in a session if hair is not appropriately tied up.
* All body jewelry MUST be removed. Coaches will not be responsible for jewelry or valuables; it is therefore advisable to leave them at home. Earrings should be taped appropriately if they are not yet healed.
* At the start of the session gymnasts need to inform the coaches of any injuries or illness they need to be aware of. They need tell a coach immediately they are feeling unwell or have injured themselves during a session.
* Inform coaches if you wish to leave the gym area.
* Members must not be under the influence of drink or drugs. If medication is prescribed a coach needs to be informed at the start of the session.
* Members need to make sure they treat all equipment with respect, and rubbish MUST be put in the bin.
* Food will NOT be allowed in the gym, water bottles only in the gym hall.
* All members must, at all times, participate within the rules and respect coaches, judges and their decisions.
* All members must respect opponents and fellow club members, bullying is unacceptable and will NOT be tolerated.
* Gymnasts need to make sure they show respect to other club members by showing support to fellow gymnasts.
* Bad language will NOT be tolerated in the gym.
* Gymnasts need to remain in the centre until they have been collected by their parent/guardian.