



Louis Fourie REDEFINING PERFORMANCE
GYMNASTICS

Gymnast Code of Conduct

I, _____ (print name), the undersigned, gymnast, registered to a Louis Fourie Gymnastics club, have read and understood the gymnast code of conduct, and by signing this form I agree that I will:

- a. Respect and promote the initiatives and endeavours of Louis Fourie Gymnastics;
- b. Accept responsibility for their participation by following all rules and regulations Establish by Louis Fourie Gymnastics and the relevant Provincial and/or South Africa Gymnastics Federation.;
- c. Demonstrate good sportsmanship towards fellow players, coaches, officials, managers, parents and spectators at every competition or practice
- d. Attend every practice or competition and will notify the coaching staff if he/she cannot be present;
- e. Follow all reasonable instructions of the coaching staff with the aim of listening and learning, from the coaching staff,
- f. Treat coaches, other players, officials, parents and spectators with respect due to them at all times, avoid using vulgar or foul language when speaking to all other participants, coaches and management
- g. Expect to be treated with respect by other players, coaches, officials, parents and spectators regardless of race, sex, creed or abilities;
- h. Contribute to providing a playing environment free from swearing, smoking and alcohol consumption, as well as free of drugs,
- i. Contribute to finding a physical environment and facilities that are safe to play in,
- j. Acquire personal sport equipment and supplies that are safe and technically appropriate to use,
- k. Work hard to improve their skill and abilities through applying themselves in training and through recovery,
- l. The player/athlete will at all times comply with the requirements, policies and rules of the South African Institute for Drug-Free Sport (SAIDS) as well as the World Anti-Doping Agency. The policies and specific information are available on the SAIDS website (www.drugfreesport.org.za) and the player/athlete will familiarise him/herself with the content of these policies and procedures.
- m. The undersigned player/athlete irrevocably consents to undergo testing or provide a sample to be analysed in order to determine whether the player/ athlete has taken prohibited drugs or stimulants. The Player/athlete accepts the authority of the SAIDS, The player/athlete further accepts that testing positive for the use of a banned

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substance will result in disciplinary action and may result in expulsion from Louis Fourie Gymnastics.

Acknowledgment

I..... hereby acknowledge that I have read and understood the content and stipulations of the Coaches Code of Conduct. I hereby bind myself to this code until my membership to Louis Fourie Gymnastics and its associates expires.

Signed on thisday of 2016.

Coach



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