



## Gymnast Code of Conduct

As a gymnast, I represent myself, my team and my club. I commit to upholding the highest standards of behavior, sportsmanship and respect.

### 1. Respect & Sportsmanship

- Always respect coaches, teammates, judges, officials and competitors.
- Accept decisions made by officials and coaches with grace, without arguing or showing poor attitude.
- Support and encourage teammates, celebrating their successes as well as my own.

### 2. Training & Competition Attitude

- Arrive on time, prepared and with the correct training or competition attire.
- Listen carefully to coaches and follow instructions.
- Give 100% effort in training and competitions, showing perseverance even when skills are difficult.
- Maintain a positive attitude and avoid negative self-talk or criticism of others.

### 3. Safety & Responsibility

- Follow all safety rules in the gym and at competitions.
- Warm up and condition properly to prevent injuries.
- Notify a coach immediately you are injured or unwell.
- Equipment should be used properly, carefully and only under the supervision of a coach.
- Promptly notify coaches of any broken or unstable equipment.

P.O.BOX 14238 HATFIELD, 0028

8 BLOEKOMBOSCHSPRUIT, 171 BRONKHORSTSTREET NIEUW MUCKLENEUK, 0181 PRETORIA

- Report any safeguarding concerns, such as bullying or physical harm/punishment, to the Club's Safeguarding Officer.

#### **4. Personal Conduct**

- Demonstrate honesty, fairness and integrity at all times.
- Avoid bullying, gossip or disrespectful behavior toward others.
- Represent my club with pride, both in and out of the gym.
- Refrain from using inappropriate language, gestures or behavior.

#### **5. Commitment & Discipline**

- Attend training sessions regularly and inform coaches in advance of absences.
- Set personal goals and work consistently to achieve them.
- Accept constructive feedback and use it to improve.

✓ I understand that by being part of this gymnastics program, I am responsible for upholding this Code of Conduct. I accept that failure to do so may result in consequences, including loss of privileges, suspension, or removal from the program.

**Gymnast Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_