



Gymnastics Coaches Code of Conduct

As a gymnastics coach, I recognize that I am in a position of trust and influence. I am committed to creating a safe, respectful, and positive environment where gymnasts can thrive physically, mentally, and emotionally.

I agree to uphold the following standards:

Athlete Welfare

- Always prioritize the safety, well-being, and development of every gymnast above all else.
- Create and maintain a safe training environment, free from abuse, harassment, or bullying.
- Create a fun and enjoyable environment for all gymnasts, promoting athlete performance at the required levels.
- Create an environment where gymnasts get the opportunity to improve their skills, gain confidence and self-esteem.
- Be generous with praise when deserved, be consistent and honest, and fair and just.
- Put winning into perspective for all gymnasts.
- Recognize signs of physical or emotional distress and take appropriate action.
- Never engage in or tolerate any form of physical, verbal, emotional, or sexual misconduct.

Professionalism

- Respect and promote club initiatives.
- Respect the authority of the club owner/owners, club managers and heads of programs.
- Maintain confidentiality regarding matters involving the Owner, the club, and individual members.
- Always maintain appropriate professional boundaries with gymnasts.
- Act as a role model through professional conduct, communication, and appearance.
- Be punctual, prepared, and attentive during training sessions and competitions.

Respect and Fairness

- Treat all gymnasts, coaches, officials and parents with the utmost respect and dignity.
- Promote an inclusive environment that values diversity and discourages discrimination of any kind.
- Provide equal opportunities for all gymnasts regardless of ability, age, gender or background.
- Promote open communication, encouraging gymnasts to express concerns without fear of judgement or retaliation.

Integrity and Honesty

- Uphold the rules and spirit of the gymnastics club.
- Be open and honest about athletes' progress and be realistic about their goals.
- Do not pressure gymnasts to train or compete when injured or unwell.

Coach Signature: _____

Date: _____