



COACHES CODE OF CONDUCT

All Matrix Gymnastics Academy coaches must read, understand and sign the code of conduct below, and have agreed to adhere to the following:

- The main priority for all coaches is the safety and welfare of our participants. All coaches will follow child protection guidelines and recommended good practise at all times, to ensure our participants safety. Our coaches are expected to act professionally and display high standards of behaviour at all times.
- All coaches will only teach skills that they are qualified to teach and support, and will therefore be in charge of a group of children relevant to their skill level. We will require a copy of all coaches coaching certificates.
- Coaches will ensure that there are at least two coaches in the gym for every session.
- Coaches will always aim to give positive feedback and constructive criticism to ensure we are building all of our gymnasts self confidence and belief, and encouraging our gymnasts to gain independence and self discipline.
- All coaches will plan sessions to ensure that all participants are given the opportunity to develop their ability and general well being, in sessions that are fun and innovative.
- Coaches must ensure the activities they plan and teach are appropriate for the age, maturity, experience and ability of the individual. All sessions should be leading up to a suitable target for the gymnasts involved.
- Coaches will do their best to encourage gymnasts to be proud of their performances and not just their results.
- All coaches will uphold an appropriate and professional relationship with the gymnasts in our care based on mutual trust and respect.
- Coaches will show respect to parents/carers at all times and will do their best to provide information and answer questions (outside of training times). Coaches should not give out their personal contact information to parents/guardians or make contact on social media.
- Coaches will not make contact or accept contact from gymnasts via any social media or text. All correspondence will pass via parents/guardians. Any approaches by gymnasts should be notified to parents/guardians.
- All coaches will dress appropriately and professionally in Matrix Gymnastics Academy coach T Shirts and sportswear, with all long hair tied up. No jewellery is allowed to be worn at any time. Coaches will strive to be a positive role model to all by showing punctuality (arriving 10 minutes before their session), passion for their coaching and respect for everyone in and around the gym.
- Coaches should not dismiss any gymnasts without having ensured that a parent/guardian has arrived to collect them and the child has been signed out by their coach.

I have read, understood and agree to adhere to the Matrix Gymnastics Academy Coaches Code of Conduct.

Name..... Date: Signature: