



MATRI
Gymnastics Academy

**GYMNASTS CODE
OF CONDUCT**

Here at Matrix Gymnastics Academy, we are fully committed to safeguarding and promoting the well-being of our members. We strongly believe it is important that all gymnasts associated with the club should, show respect and understanding for the safety and welfare of others, at all times.

We ask that all gymnasts adhere to the Club Rules and the following Code of Conduct:

- I will always behave appropriately in the gymnasium and at competitions or events as I understand that I am representing the club at all times
- I will always take training seriously and will try to perform to the best of my ability every session.
- I will respect and always listen and respond to instruction from any coach within the gymnasium.
- If I need to leave the gymnasium for any reason (toilet/drink etc) I will always ask my coach, and I will not leave the club until I have been collected by a parent or guardian.
- I will always treat the gymnasium and equipment with respect, and I will also respect my fellow gymnasts both in and out of the gym and must not use bad or insulting language of any kind towards fellow athletes, opponents, coaches, volunteers or judges at any time.
- I will arrive on time for training and competitions or inform my coach if I am going to be late
- I will inform my coach of any injuries, illness or concerns I may have before the warm-up begins.
- I will always be supportive of and encourage all of my fellow gymnasts. I have read Matrix Gymnastics Academy's anti-bullying policy and understand the consequences of such behaviour.
- I will not use social media sites (i.e. Facebook/twitter/instagram or mobile services i.e. BBM, whatsapp) to post any disrespectful videos, photographs or comments towards the club, coaches or other gymnasts/members