CODE OF CONDUCT FOR GYMNASTS AND PARENTS

Purpose

Falcon Gymnastics Club is committed to providing gymnastics opportunities for all, providing a safe, supportive, and enjoyable environment for all participants.

While parents and carers do not routinely remain during training sessions, they are welcome to visit or observe a session when required, by prior arrangement with the Club. Anyone with concerns or issues is encouraged to speak with a member of the Club team so that these can be addressed promptly and appropriately.

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1. Attendance and Arrival

Gymnasts must:

- Arrive in sufficient time to register before the start of their session.
- Be collected promptly at the end of the session by a parent, carer, or authorised responsible adult. If the person picking up is different to normal, please let us know.
- Be seen out to an adult.
- Remain inside the gym until dismissed by a coach.
- Never leave the gym without the permission of a coach.

Parents and carers are responsible for ensuring children arrive and are collected on time.

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2. Health, Medical Information and Fitness to Participate

The safety and wellbeing of every gymnast is our highest priority.

By attending a session, parents/carers confirm that:

- Their child is medically fit to participate in gymnastics.
- The Club has been informed of any medical conditions, injuries, allergies, disabilities, or additional needs that may affect safe participation.
- Coaches are notified before each session of any illness, injury, or change in medical circumstances.
- Compete our google form to detail any ailments/injuries before returning to sessions.

Gymnasts who are unwell, have a contagious illness, or have sustained an injury that makes participation unsafe should not attend training until they are fit to return.

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3. Following Coach Instructions

For the safety of everyone in the gym, gymnasts must:

- Listen carefully and follow all instructions given by coaches immediately.
- Stop activities when instructed.
- Respect coaching decisions at all times.
- Behave appropriately towards coaches and other members.

Gymnasts who refuse to follow instructions or behave in an unsafe or disruptive manner may be asked to sit out for part or all of the session.

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4. Safe Participation

Gymnasts must:

- Attempt skills only under the direct supervision or instruction of a Falcon coach.
- Work only on skills that have been authorised by their coach.
- Inform a coach immediately if they feel unsafe, unwell, or unsure about an activity.
- Use equipment safely and only as instructed.

Gymnasts must not:

- Attempt skills beyond their current ability.
- Use equipment without permission.
- Engage in pushing, climbing on equipment without instruction, or behaviour that could place themselves or others at risk.

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5. Clothing and Personal Appearance

To promote safety, all participants must wear suitable gymnastics clothing.

Acceptable clothing includes:

- A gymnastics leotard and shorts.
- For boys - A fitted T-shirt with shorts.

The following are not permitted:

- Clothing with zips, buckles, or large buttons.
- Jewellery of any kind, including earrings unless taped, necklaces, bracelets, watches, and rings (unless exempt for medical reasons and appropriately secured).

In addition:

- Long hair must be securely tied back, ideally in a bun before entering the gym.
- Fingernails should be kept short to reduce the risk of injury.

Falcon Acrobatics Bedford cannot accept responsibility for the loss or damage of personal belongings.

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6. Food, Drink and Mobile Phones

To maintain a safe training environment:

- Only water may be consumed within the gym.
- Every gymnast should bring a clearly labelled water bottle.
- Food, chewing gum, and sugary drinks are not permitted during sessions.

Mobile phones and other electronic devices must:

- Be switched off or placed on silent before entering the gym.
- Not be used during sessions unless authorised by a coach for an emergency.
- If parents or carers need to contact a gymnast urgently during a session, please contact the Club directly.
    - Caz Westgate – 07551616467
    - Mel Hale – 07514366894
    - Sue Birchall - 07917657956

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7. Photography and Video Recording

To protect the privacy and safety of all participants:

- Photography and video recording are strictly prohibited within the gym unless authorised by Falcon.
- Parents, carers, gymnasts, and visitors must not take photographs or videos during training sessions.
- Any authorised photography will be conducted in accordance with the Club's Photography and Filming Policy and safeguarding procedures.

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8. Behaviour and Respect

All gymnasts are expected to:

- Show respect towards coaches, volunteers, officials, and fellow gymnasts.
- Encourage and support one another.
- Treat equipment and facilities with care.
- Take pride in being part of Falcon.
- Bullying, abusive language, intimidation, discrimination, or behaviour that negatively affects another member will not be tolerated.

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9. Parent and Carer Responsibilities

Parents and carers are expected to:

- Read and support the Club's policies and procedures.
- Ensure their child understands the Code of Conduct.
- Inform the Club of any relevant medical information or changes.
- Collect children promptly at the end of sessions.
- Inform the Club of any changes to emergency contact details.
- Respect coaches while they are delivering sessions.
- Raise any concerns through the appropriate Club procedures rather than during coaching sessions.

Parents attending SEND sessions should wear comfortable clothing that allows them to move freely while supporting their child.

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10. A Safe and Positive Training Environment

Every member of Falcon has the right to enjoy gymnastics in an environment that is safe, welcoming, inclusive, and free from bullying, harassment, or discrimination.

All members share responsibility for maintaining this environment by acting respectfully, behaving safely, and supporting one another throughout every session and Club activity.

Reviewed 01.09.2026