# Gymnasts Code of Conduct

1. Be yourself and accepting of others – we're all different, so lets celebrate this.
2. Be respectful to our equipment space and others.
3. Speak out if you feel worried or concerned (including any bullying you may of heard or seen). Reach out to someone you trust – like a parent or family member, coach, the club welfare officer or other adult.
4. Appreciate that everyone has different levels of ability and skill.
5. Try your best, also encourage and support your teammates.
6. Listen to your coach or trainer.
7. Make it to practices and sessions on time – remind an adult of your practices and competitions, so you don't arrive late.
8. Bring the correct kit to your practices.
9. Please do not wander off or leave without telling a member of staff.
10. Do not consume alcohol, vape or smoke during practices, competitions or whilst at our space.
11. Respect everyone participating (staff, volunteers, officials and player from all teams).
12. Celebrate successes and be gracious when we lose.
13. Follow our online safety and social media policies and procedures.
14. Have fun and enjoy your time with us.