

# **gym tiME LLC. Codes of Conduct**

## **General**

gym tiME LLC. Has been a club member of USA Gymnastics since 2015.

gym tiME abides by the USA Gymnastics Health, Safety and Welfare Policy for Coaches and Clubs. It recognizes it has a duty of care towards its members and is committed to providing the appropriate support and guidance to its members to ensure these matters are addressed.

It follows the USAG Gymnastics Equity Policy which advocates that the coach must always comply with the principles of good, moral and ethical frameworks and exemplary standards of conduct.

## **COACHING STAFF**

Coaching staff receive both in-house training hours and USAG Gymnastic certificates. Coaches have been trained and certified in First Aid and/or CPR depending on their job description requirements.

## **CODE OF CONDUCT – GYMNASTS**

- Team gymnasts are required to train in suitable gymnastics attire, i.e., leotard and shorts (short sleeved leotards are acceptable and recommended on hot days). Gymnasts should wear comfortable clothing to allow freedom of movement while at the same time not being open, loose or floppy for safety reasons.
- Recreation gymnasts will have freedom to wear their own clothing to train in or a leotard/shorts. All clothing must be form fitted for safety purposes.
- Training commences promptly at times stated on the gym tiME schedule.
- Gymnasts are expected to arrive for training in their training attire.
- Gymnasts are required to arrive and depart from the gym suitably dressed, i.e., with coat in winter months.
- Gymnasts are not allowed to wear any jewelry/Fitbit during training sessions or competitive events (this includes body rings / bars, nose studs or small stud ear-rings).
- Gymnasts are asked to pay attention to their own personal hygiene, ensuring both they and their leotards are clean. The use of deodorant is encouraged.
- Gymnasts are required to look after their own grips, ensuring they are brought to each training session.
- Gymnasts may be suspended from training or permanently expelled should it be known that they bully other gymnasts or swear during training.
- Gymnasts of all ages must be brought into and collected from the gym by a responsible adult.
- Gymnasts must not arrive at or leave the gym without the presence of a responsible adult.
- Gymnasts must never train in the absence of other gymnasts and must never work on gymnastics equipment in the absence of a qualified coach.
- Gymnasts must not train if they are unfit to do so.
- Gymnasts should train barefoot unless there is medical reason. If there is a medical reason, this should be brought to the attention of the Coach in Charge at the start of the class.
- Gymnasts requiring the use of an inhaler must have it clearly marked with their name on it. It should be handed to the Coach in Charge at the beginning of the class for safekeeping and collected again at the end.
- Gym tiME cannot be held responsible for lost or stolen items. It is advisable for items of clothing to be labelled with the child's name.

## **CODE OF CONDUCT – COACHES**

- Coaches are expected to act in ‘loco parentis’ once a child is left in the care of coaches and act as ‘responsible sports coaches’.
- The Coaches ‘loco parentis’ role commences at the start of the gymnastics class through to the end of the class, when gymnasts are discharged to the care of their parent(s).
- Coaches should hold USAG coaching certificate and ensure that their coaching knowledge and practice are according to current best practice (unless they are in the role of Coach under Instruction).
- Coaches must place the well-being and safety of the performer above the development of performance. They should follow all guidelines set down by USA Gymnastics.
- Coaches must encourage and guide performers to accept responsibility for their own behavior and performance.
- Coaches must ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the individual.
- Coaches should, at the outset, clarify with performers exactly what is expected of them and what performers are entitled to expect of their coach.
- Coaches should consistently display high standards of behavior and appearance.
- Coaches should not wear jewelry in a training session or competitive event.
- Coaches must never allow gymnasts to leave the training areas without a responsible adult.
- Coaches must make themselves known to parents of new gymnasts to ensure that gymnasts only leave the training venue with a known face.
- Coaches are to provide a ‘safe’ training environment for all gymnasts.
- Coaches must check equipment before use.
- A qualified First Aider (usually a coach/director/manager) must always be on site.
- Coaches must never give a gymnast a lift home unless another gymnast or adult is present.
- Coaches must never train in a one to one situation with gymnasts without a parent present.
- Coaches are to ensure that gymnasts are fit to train and are to not promote continued training for an injured gymnast.

## **RESPONSIBILITY – PARENT/GUARDIAN**

- Parents must ensure their child is fit to partake in gymnastics activity. Any child having had sickness should refrain from training for 48 hours.
- Parents should bring their child/children into the gym and come into the gym to collect them at the end of the class.
- It is the responsibility of the parent to look after their child until the class commences, and then immediately following the end of the class.
- New parents should introduce themselves to the Coach in Charge as this will ensure gymnasts only leave the gym with someone the coach recognizes.
- Parents are to ensure their child is appropriately dressed for their class.
- Parents are expected to ensure payments of training fees, competition fees & annual insurance are paid on time.
- Parents must ensure that all changes in contact details are brought to the attention of the Coach in Charge of the class. Updates should be provided in writing.
- Parents should speak with the Coach in Charge if they are concerned about any coaching/development matter.
- Parents are invited to attend competitive events particularly when their child is participating.
- For health and safety reasons parents are not at any time allowed on the training floor or competition arena (except for parent/child classes).
- While in the gymnasium every effort will be made to ensure the safety of all class members. It is the responsibility of the parent/guardian to ensure their safety while in the entrance lobby.

- It is parental responsibility in ensuring the safe entry and exit of their children from the parking lot to the facility and vice versa.
- Parents/guardians are kindly requested to make sure that children do not bring items of value such as Fitbit/phones with them.
- Parents should promote good sportsmanship at all times.

## **WHO TO CONTACT**

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