



Gymnasts Code of Conduct

North Oxford Gymnastics

Acceptance of Club Policies

By participating in North Oxford Gymnastics, all gymnasts and their parents/carers **agree to abide by all club policies**, including this Gymnasts Code of Conduct, safeguarding procedures, and health and safety requirements. Failure to comply with these policies may result in disciplinary action, including the **loss of place at the club**.

Behaviour and Respect

- Gymnasts must participate within the rules of gymnastics and show respect to coaches, judges, officials, volunteers, and their decisions.
- Gymnasts must respect fellow club members and competitors from other clubs.
- Bullying, harassment, intimidation, discrimination, or inappropriate behaviour of any kind will not be tolerated (including verbal, physical, or online behaviour).
- Gymnasts must not use bad or offensive language.

Attendance and Commitment

- Gymnasts should attend training sessions and competitions as agreed and arrive on time.
- If a gymnast is unable to attend, arrives late, or leaves early, the club should be informed in advance where possible.
- Gymnasts are expected to be appropriately prepared for training and competition.

Health, Safety, and Welfare

- All gymnasts must hold current British Gymnastics membership and insurance before participating.
- Gymnasts must inform their lead coach of any injury, illness, or medical condition before the warm-up begins.
- Gymnasts must never enter the gym or use equipment unless a qualified coach is present.
- Gymnasts must not behave dangerously or misuse equipment.
- Gymnasts should treat the building and all equipment with respect.
- Gymnasts must not smoke, vape, consume alcohol, or take drugs of any kind while representing the club at training, competitions, or club events.



Dress Code and Personal Appearance

- Gymnasts must wear suitable attire for training and competitions as agreed with coaches.
- No denim is permitted during training.
- Long hair must be tied back securely.
- All jewellery must be removed or taped in accordance with the British Gymnastics Body Piercing and Adornments Policy.

Mobile Phones and Social Media

- Gymnasts must not use mobile phones during training sessions without prior permission from a qualified coach.
- Gymnasts must not ask coaches, judges, helpers/volunteers, or club officials to connect on social media. Such requests will be refused in line with British Gymnastics safeguarding guidance.
- Gymnasts must behave responsibly online and must not post or share inappropriate, harmful, or disrespectful content relating to the club, staff, or other gymnasts.

Conduct During Sessions

- Gymnasts should not eat or chew gum during training sessions.
- Gymnasts must follow instructions given by coaches promptly and safely.
- Gymnasts must remain with coaches at the end of the session until collected by their parent or carer, unless alternative arrangements have been agreed in advance.

Reporting Concerns, Complaints, or Incidents

Gymnasts are encouraged to be open and share any concerns or complaints about any aspect of the club.

Welfare and Safeguarding Concerns

The following **must be reported to the Club Welfare Officer**:

- Bullying, harassment, or intimidation
- Safeguarding or child protection concerns
- Inappropriate behaviour by adults or other gymnasts
- Concerns about physical, emotional, or mental wellbeing
- Unsafe practices or situations



- Online safety or social media concerns
- Any behaviour that makes a gymnast feel uncomfortable, unsafe, or distressed

Club Welfare Officer:

Kimberly Ashwin

[✉ welfare@noxgymnastics.com](mailto:welfare@noxgymnastics.com)

Club Management / Company Director Concerns

The following **may be reported to the Company Director** (and Welfare Officer where appropriate):

- Serious or repeated breaches of the Code of Conduct
- Disciplinary matters requiring formal action
- Complaints relating to club operations, governance, or staff conduct
- Issues that may impact the reputation, safety, or legal responsibilities of the club

Company Director:

Sammy-Jo Isbister

[✉ management@noxgymnastics.com](mailto:management@noxgymnastics.com)

Important: Any safeguarding concern should always be reported to the Welfare Officer, even if it is also shared with the Company Director.