

# Southampton Gymnastics Club



## Recreational and Squad Parents/Guardians – Code of Conduct

### Our Shared Values for All

At Southampton Gymnastics Club, we believe the values we share between coaches, parents, and gymnasts are what create a safe, positive and growth-focused environment. These values reflect what we're building together, and your role as a parent/guardian is a vital part of that.

- **Respect for Self and Others**  
We show respect by modelling kindness, patience and fairness - towards our children, coaches, other parents, and ourselves.
- **Effort and Dedication**  
We recognise that learning and growth take time, repetition, and support. In a world of instant results, gymnastics helps our children build the resilience and confidence that come from sticking with something - and our support at home helps reinforce that.
- **Keep Going & Growing**  
We all have moments of doubt or frustration - our children included. We help them understand that it's okay to struggle, to need time, and to ask for help. Growth isn't always smooth, but we walk alongside them through it.
- **Integrity**  
We model honesty, fairness, and consistency in our words and actions, online and in person.
- **Resilience**  
We show strength not just in tough times, but in how we bounce back - calmly, constructively, and with care for others.
- **Teamwork and Support**  
*We are a team:* parents, gymnasts and coaches. We share the same goals and lift each other up - especially during challenges.
- **Courage to Embrace Challenges**  
We support our children in exploring new experiences, facing challenges with confidence, and learning through effort - not perfection.
- **Accountability and Responsibility**  
We stay informed, show up on time, and follow through on responsibilities like communication, fees, and admin - because consistency builds trust.
- **Positive Attitude and Sportsmanship**  
We celebrate progress and good sportsmanship - not just medals. We cheer respectfully, accept outcomes gracefully, and model pride in effort over outcome.

## **General Principles For All**

I agree as a parent/guardian of a child taking part in gymnastics activity within Southampton Gymnastics Club that I will adhere to the Codes of Conduct set below:

### **All Parents – General Principles**

- a)** Individual improvement (engaging in the training and learning process) should be the predominant measure of achievement and not the class, group, squad, grade, level, score or competition
- b)** Remember that your child/children participate in sport for their enjoyment, not yours
- c)** Focus on your child's/children's efforts and how they approach their learning/training rather than winning or losing
- d)** Instil confidence in your child/children's ability and skill development, always avoiding comparisons with other gymnasts
- e)** Never behave in a way that may bring Southampton Gymnastics Club into disrepute or damage the reputation of the club

## **Behaviour for All**

### **All Parents – Behaviour for All**

- a)** Abide by the rules, policies, and procedures of Southampton Gymnastics Club and British Gymnastics
- b)** Encourage your child/children to always participate within the rules and settle disagreements without resorting to hostile behaviours and/or violence
- c)** Treat all members (gymnasts, parents, coaches, volunteers, officials) fairly and respectfully, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, or other conditions
- d)** Respect the decisions of coaches/instructors/judges/staff and teach your child/children to do likewise
- e)** Offensive, discriminatory or obscene language, gestures, or malicious gossip will not be tolerated
- f)** Do not consume alcohol or other substances which may impact judgment and/or behaviour before driving on club-related business, whilst on the premises, or during a club event
- g)** Do not display offensive or inappropriate pictures, objects, or written material (including slogans on clothing)
- h)** Parents/guardians are not permitted to enter the gymnastics hall during sessions unless specific permission is requested from the lead coach
- i)** The viewing area is there for all – please share space considerately
- j)** For safety, avoid communicating with your child through the viewing window as this affects focus and attention

We ask parents/guardians to support their child's development and safety by:

- Trusting the coaching process and letting the coaches lead the session

- Avoiding sideline coaching or non-verbal signalling through the window
- Not calling gymnasts over or distracting them during water breaks – these are short, coach-allocated pauses and additional movement in/out of the gym disrupts the session
- Supporting your child's independence and confidence by encouraging them from a respectful distance
- If your child has particular needs, please don't hesitate to contact the child's lead coach
- Talking in a non-complementary way about other gymnasts, parents, staff members, coaches, club volunteers or committee members while on the premises or at events is not acceptable (either they or people who know them may be standing near and overhear); this can, and has, negatively affected gymnasts' behaviour towards each other, their self-belief, and the confidence, wellbeing and sense of value of all listed above.

***THIS HELPS FOSTER A FOCUSED AND POSITIVE LEARNING ENVIRONMENT FOR ALL.***

## **Expectations for Parents/Guardians For All**

(Includes references to linked documents for participant code of conduct, clothing policy, Love Admin logins, and complaints procedures)

- a) Ensure your child arrives 5–10 minutes early and is picked up promptly
- b)** Children remain the responsibility of the parent/guardian until handed over to the coach
- c)** Gymnasts under 16 must be dropped off and collected inside; 16–18-year-olds need recorded approval for independent travel (Love Admin login: [link](#))
- d)** Notify the club if someone else is collecting your child
- e)** Ensure your child is appropriately dressed according to club policy ([Clothing policy](#))
- f)** Ensure your child brings sufficient water for the full session and is well fuelled
- g)** Keep emergency contact and medical information updated via Love Admin
- h)** Complete consent and contact forms promptly (Love Admin link as above)
- i)** Ensure timely payment of all fees; contact the Operations Manager at **abby@sotongym.co.uk** with any issues
- j)** Raise concerns through the appropriate channels as outlined in the club's communications process and complaints procedure ([Complaints Policy](#))
- k)** Please park in designated bays at the rear of the building where possible. The car park is owned by the school except for bays immediately behind the building. Members must not park at the front of the building unless arriving at quiet times (after 8pm on weekdays or dropping off at 8:30am on weekends).
- l)** Parents who have custodial variations within parenting arrangements must inform the lead coaches and also update their Love Admin accounts to state as such

## **Photography & Online Activity For All**

- a) Follow the club's [photography policy](#)
- b) Only photograph your own child unless others have consented
- c) Use photographs for private/family use only — not for public posting
- d) Flash photography is not permitted in the gym
- e) Do not send abusive or inappropriate messages to any member of the club
- f) Do not post defamatory or offensive content about the club or individuals
- g) Only use official club channels to contact coaches or staff
- h) Any photography during training must be approved by the coach and consent obtained (photography consent form required if others included)

## **Communication – Recreational Parents/Guardians**

- a) Inform the club of illness or absence
- b) Ensure your child is fit and well to participate, and disclose any relevant medical info (Love Admin link as above)
- c) Inform coaches of injuries that may affect participation
- d) Contact lead coaches appropriately and within working hours (except in emergencies)
- e) Use the communication framework to support parent–coach collaboration ([Communication Framework](#))
- f) Let coaches know about significant emotional needs
- g) Welfare Officers are available for independent support – [welfareteam@sotongym.co.uk](mailto:welfareteam@sotongym.co.uk)
- h) Allow a few days for replies to non-urgent emails
- i) Official communications will come from club channels only

## **Observation & Supporting from the Side-lines – Recreational Parents/Guardians**

We understand that watching your child train can be a source of pride and reassurance. However, guidance from youth sport and child development research highlights the importance of balanced viewing:

- The viewing window can be a busy area and as such we welcome viewing for recreational parents but we do ask to keep your viewing to 10 minutes so that the space can be shared amongst all parents wishing to view
- For your child's safety, we kindly ask that you do not signal and disturb your child within the session

## **Communication – Squad Parents/Guardians**

- a) Inform the club of illness or absence via email to the lead coach
- b) If your child is running late, please let your child's lead coach know as soon as possible by texting the club's mobile contact: **07395 448120**
- c) Ensure your child is fit and well to participate, and disclose any relevant medical info
- d) Inform coaches of injuries that may affect participation

- e) Contact lead coaches appropriately and within working hours (except in emergencies)
- f) Use the communication framework to support parent–coach collaboration ([Communication Framework](#))
- g) Let coaches know about significant emotional needs
- h) Welfare Officers are available for independent support – [welfareteam@sotongym.co.uk](mailto:welfareteam@sotongym.co.uk)
- i) All lead coaches have varied working hours to fit with the club’s class timetable, as such any communication can only be responded to during their office working hours
- j) Allow a few days for replies to non-urgent emails
- k) Official communications will come from club channels only

### **Additional Rules - [Squad Parents/Guardians](#)**

- a) The coach’s decision is final regarding gymnastics decisions
- b) All squad parents must read, sign and agree to the acrobatic pathway guidance
- c) Absences must be notified in writing to the child’s coach; the coach will decide if training hours need to be made up or if there are impacts on group participation, level, partnerships, competition entry etc.
- d) Inform the lead coach of any significant emotional support needs; they will liaise with the wellbeing officer ([Wellbeing Process](#))

### **SGC - Harassment, Abuse and Unreasonable Behaviour**

**Enter link here to website**

### **Agreement**

By accepting this document, you are agreeing to the following terms:

1. I agree to abide by the Southampton Gymnastics Club Parent/Guardian Code of Conduct.
2. In the event these guidelines are not adhered to, Southampton Gymnastics Club will follow guidance from club officials and/or British Gymnastics to determine the appropriate course of action.
3. I acknowledge that breaches to the parent code of conduct could lead to suspension or withdrawal of my or my child’s membership with Southampton Gymnastics Club.
4. I will ensure that I update my child’s Love Admin account with any new medical information and any changes to contact information.

Please click on the following link to log into your Love Admin account to accept and agree to this Code of Conduct:

[Love Admin Login](#)