

Squad Gymnast Code of Conduct Under 12 Version

At our club we want everyone to **feel safe, try their best, and enjoy learning gymnastics.**
These values and rules help everyone train well together.

Our Values

These are the things we try to show every day in training.

Be Kind and Respectful

Treat teammates, coaches, and yourself with kindness.

Try Your Best

Work hard, practise, and keep going even when skills feel tricky.

Keep Learning

It's okay to make mistakes. That's how we learn and improve.

Support Each Other

Celebrate your teammates' progress and encourage each other.

Be Responsible

Take care of the gym, the equipment, and your own behaviour.



What Happens if We Forget the Rules?

Everyone makes mistakes sometimes. If something isn't going well in training:

, Reminder

A coach will remind you what to do and help you refocus.

, Reset Time

If the behaviour continues, you may be asked to take a short break to reset before joining back in.

, Extra Support

If problems continue, the coach may talk with you and your parent/guardian so we can help you get back on track.

Our aim is always to help you learn, grow, and enjoy gymnastics in a safe and positive environment.

If You Are Worried

If something is bothering you or you feel upset:

- Talk to a coach, or
- Speak to a welfare officer.
They are here to **listen and help you.**



Our Gym Rules

These rules help keep everyone safe, focused, and ready to learn.

Listen to Your Coaches

Listen carefully and try the corrections you are given.
Let coaches do the coaching.

Be Ready for Training

Arrive 5–10 minutes early.
Bring a water bottle.
Wear the correct training clothes.
Hair tied back, no jewellery, nails short.

Stay Safe

Follow all safety instructions.
Move carefully around the gym.
Tell a coach if you feel hurt, unwell, or worried.

Be a Good Teammate

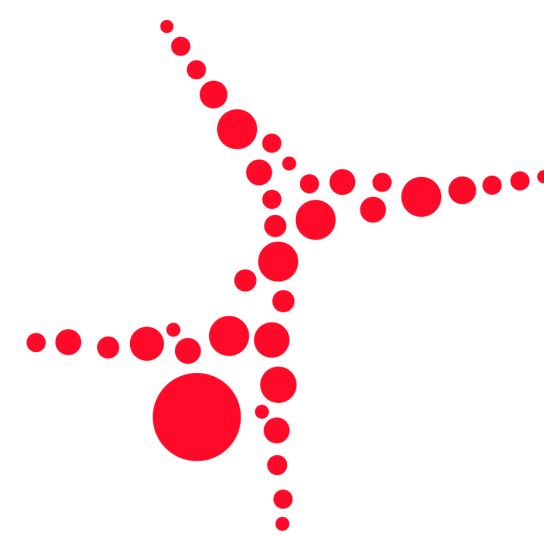
Work well with partners and teammates.
Encourage others and celebrate their progress.

Respect the Gym

Ask before using equipment someone else is using.
Help tidy up after training.
Only use phones or record videos if a coach says it is okay.

Represent the Club Well

Show good sportsmanship at training and competitions.
Be respectful to everyone.



**SOUTHAMPTON
GYMNASTICS CLUB**

EST. 1968