

Standards of Conduct for Parents and Gymnasts: Ruthin & Denbigh Gymnastics Club Ltd.– updated 1.5.20

It is good practice to clearly outline what is expected of parents when their child joins the Club and this should be read in conjunction with the Club's 'Acceptable Behaviour, Whistle blowing Policy and Procedures' and 'Breach of Behaviours Policy and Raising a Concern/Complaint'.

The Gymnastics Club is supported by an Academy of Volunteer Leaders as well as employed coaches. Parents and guardians have a crucial role to play in supporting their child's success. A good partnership between the home and Club ensures that children are happy during their sessions. We are very fortunate to have very supportive and friendly parents without which we would not be able to function so successfully. Our parents recognise that developing children is a process that involves partnerships between parents and club community.

Parents play an important role in the success of their child. With the right kind of support and encouragement, young people will progress well and enjoy a rewarding experience. It is likely that a child will remain in the sport with the right support at home alongside our positive Club environment.

Parents/Guardians should therefore:

- Be knowledgeable about the policies and procedures adopted by the Club and encourage their child to know, be familiar with, and follow these rules/policies and those of British Gymnastics.
- Share any concerns or complaints following the procedures outlined in the Club's policy 'Raising a Concern or a Complaint'.
- Be knowledgeable about what is unacceptable behaviour as outlined in the Club's policy 'Anti-Bullying and Whistle blowing Procedures' and share this information with your child.
- Ensure that your children arrive at training and competitions on time and that you arrive on time to take them home. It is your responsibility to make any necessary transport arrangements to get your children to any training sessions, with exception of those who have been offered transport from school to The Clwyd House Centre. You should not put coaches in a difficult position by requesting that they provide transport for your children although on occasion the Club may make arrangements to transport groups of gymnasts together, subject to parental consent.
- Talk to your children and ensure that they are aware that they have the right to be protected and free from harm. You should make sure that your children know that if they feel they are being bullied or are concerned about the way their coach, a Club official or another member of the club is treating them, they can talk to you or the Club Welfare Officer without fear of getting into trouble.
- Ensure that you and your children are aware of the identity of the Club Welfare Officer.
- Be patient with your children's progress. Gymnasts progress according to their age, ability and stage of maturation. Bear in mind that long-term improvement is the ultimate goal and that later developers often succeed in gymnastics.
- Be a supportive and a stabilising influence through the inevitable ups and downs of training and competition. Encourage your children and provide positive feedback.
- Leave the coaching to the Coaches. Do not pressure your children, offer coaching advice or try to change or undermine any goals agreed between the coach and gymnast. It is the Coaches' role to offer constructive advice



relating to the gymnast's performance. It is helpful if you can offer the support and encouragement necessary to help your children feel good about themselves.

- Help your children to develop good healthy eating habits, especially meals prior to training and competition and ensure your child has sufficient rest.
- Re-enforce the high standards of behaviour and dress expected in the gym and at competition and help your children to maintain a positive attitude.
- Stay informed by checking the Club's, notice board, any letters distributed at training and electronic forms of communication such as Love Admin, Facebook and emails. If a response or payment is required, this should be made promptly and on time.

Parents are very important and greatly valued in Gymnastics and it is hoped that as many parents as possible will volunteer to help at the Club. Without the support of parent volunteers, the Club and the Governing Body would not function effectively.

- Be a positive role model for their child and other members by respecting coaches, officials, volunteers and leaders; their authority and decisions; the rules and regulations under which the Gymnastic Club operates.
- Set a good example by applauding sportsmanship and the good performances of all.
- Use correct and proper language at all times.
- Do not smoke, consume alcohol or take drugs or any kind whilst training or representing the Club at competitions or other events.
- Treat all equipment with respect considering safety uppermost in all situations.
- Ensure that no outdoor shoes are worn once entering the controlled training area, which is restricted to participants with the exception of events where non participants will be invited into specific areas.
- Always bring a bottle of water labeled with name of child to training.
- Do not eat or chew gum in the gym itself.
- Support your child's involvement and help them enjoy their sport.
- Do not take photographs or use mobiles to take imagery at any time (not even of your own child) unless consent has been given by the Head Coach of the Club for that particular instance.
- Agree to discuss disputes / appeals at a suitable time with the correct officials, without resorting to hostility or violence.
- Promote the physical and emotional well-being of your child and other members.
- Never punish or belittle a child for poor performance or making mistakes.
- Promote to your child the fact that taking part, learning and showing sportsmanship in all competitions, displays and training sessions is more important than winning.
- Praise all members equally for trying hard and competing fairly.
- Help your child and others to understand the satisfaction of co-operation, group work and team spirit in achieving personal goals and growth, and good results.
- Communicate any volunteer services and skills that as a parent you could be able to offer the Club or any interest to join the Academy training coach education programme.
- When using social networking sites, conduct yourself in an appropriate manner as you would face to face. Be aware of what you say and how you say it - the use of sarcasm and innuendo are not appropriate.



Dress code Club Leotard/shorts (Team Gymnasts leggings and training T-shirt over top of training leotard)

- Club Gym shoes are an optional purchase in sports hall environment. Kit Bags are also available to purchase in session but are not compulsory.
- A child's own leotard, leggings, shorts/T-shirt are adequate. Please do not dress your child in skirts or baggy clothing as this contravenes our Health & Safety regulations.
- Hair must be tied back and secure.
- Strictly NO JEWELLERY to be worn. (Exception: A 6 week new piercing policy allows gymnasts to cover the ear stud securely prior to attendance).

Although we endeavour to run a strong community-based club it is inevitable that rules will be breached at some time. You have our assurance we will follow our strict guidelines on each individual area, this may engage a third party, our governing body or welfare team to successfully resolve the matter.

Chairperson ___ Tamsin Jones _____ Signature _____ T. C. Jones _____

Welfare Officer ___ Bethan Madoc Jones _____ Signature _____

Adopted by Ruthin Gymnastic Club at AGM meeting held ___ 6th March _____ 2015 _____

Adopted by Ruthin & Denbigh Gymnastics Club Ltd at AGM meeting held _____ 2nd January 2017 _____

UPDATED 1.5.20