



Gymnasts Code of Conduct

(March 2025)

At Elevate Acro, we want to make sure that you enjoy taking part in gymnastics, spending time with other gymnasts and developing your skills. Gymnastics should be fun and enjoyable. You have the right to be happy, safe and have your voice listened to. You should feel safe and supported, knowing there's always someone you can turn to for help if you need it.

Elevate Acro Gymnastics Club has 2 trained safeguarding officers – you should know who these people are and can contact them at safeguarding@elevateacro.co.uk. Your coaches and helpers are all trained to make sure you have the best experience in gymnastics.

You have the right to:

- take part in gymnastics in a positive, fun, safe, environment free from bullying
- feel valued and protected
- be able to ask questions and be given information
- tell your coach if you are in pain during training
- your voice being heard and your views respected
- be yourself and not be discriminated against
- speak up if you have a concern without it affecting your training or your place in a team, at a camp or selection for an event or competition, whether you are representing your club or country

If you ever feel unhappy or worried about anything in gymnastics, don't keep it to yourself.

If something has happened to you that you don't think is right, or has upset you, scared you, or made you feel unsafe, you should tell an adult you trust as soon as possible. This could be your parent or someone in your family; another member of staff at the club; a teacher or school counsellor; your doctor or school nurse.

Speak to your club safeguarding officer, who is there to help you and every gymnast at your club. If you are worried, concerned or scared about something, or if someone is making you or another child unhappy or upset, your club safeguarding officer is there to support you.

Scottish Gymnastics wellbeing and safe sport team is also there to listen and help. You can email them at Safegym@scottishgymnastics.org - you will be listened to, taken seriously, supported, and appropriate action will be taken.

As a gymnast of Elevate Acro Gymnastics Club, you are expected to:

- Co-operate fully and respect requests and decisions made by coaches, helpers, officials, and administrators
- Arrive at your training sessions, competition or event venue prepared and on time. Parents should inform the coach if they are going to be late
- Wear suitable attire for training, competitions, and events.
Requirements: - gymnasts should wear one-piece leotards with shorts over the top, boys wear shorts and t-shirt. All jewellery should be removed, with hair in a bun and a water bottle
- Not leave the training, competition, or event area without the consent of your coach
- Show good sportsmanship to team members as well as gymnasts from other clubs
- Demonstrate behaviour that does not upset others including the use of social media. Bullying will not be tolerated
- Not use bad language or discuss topics which may be inappropriate for younger gymnasts
- Respect the rights of everyone, regardless of gender, ability, cultural background, or religion
- Not smoke, vape, consume or be under the influence of alcohol or take any controlled drugs whilst training or representing the Club at competitions or any other event

I understand that breaches of the code of conduct may result in action being taken by my club or Scottish Gymnastics.