



# Billings Rhythmic Gymnastics Club

## Code of conduct for Coaches and Volunteers

Billings' club coaches and volunteers involved in sport for children and young people have a great opportunity to be positive role model and help build and individual's confidence.

- Ensure the safety of all children by providing effective supervision, pre-planned coaching sessions, using safe methods at all times.
- Consider the wellbeing and safety of gymnasts before the development of performance.
- Encourage and guide gymnasts to accept responsibility for their own performance and behaviour.
- Treat all young people fairly and ensure they feel valued. Have no favourites.
- Not allow any rough or dangerous play, bullying, or the use of bad language or inappropriate behaviour.
- Appreciate the efforts of all gymnasts and not over-train them.
- Be positive, approachable and offer praise to promote the objectives of the club at all times.
- Not let any allegations of abuse of any kind or poor practice to go unchallenged or unrecorded. Incidents and accidents to be recorded in the line with the club's procedures.
- Never use sanctions that humiliate or harm gymnasts.
- Report accidents or incidents of alleged abuse or poor practice to the designated person.
- Administer minor first aid in the presence of others and where required refer more serious incidents to the club "first aider".
- Have access to telephone for immediate contact to emergency services if required.
- Ensure the rights and responsibilities of gymnasts are enforced.
- Establish and address the additional needs of disabled participants or other vulnerable groups.
- Not abuse members physically, emotionally or sexually.
- Not engage in a sexual relationship with a young person for whom they are responsible
- Maintain confidentiality about sensitive information.
- Respect and listen to the opinions of gymnasts.
- Take time to explain coaching techniques to ensure they are clearly understood.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Be a role model, displaying consistently high standard of behaviour and appearance remember children learn by example.
- Refrain from smoking and consumption of alcohol/drugs during club activities or coaching sessions.
- Not spending excessive amounts of time alone with children unless there are exceptional circumstances
- Never taking children to their home without parental/carers consent.
- Hold appropriate valid qualifications and insurance cover.
- Make the sport/activity **fun**.
- **Coaches and volunteers have the right to:**
- Access on-going training and information on all aspects of leading/managing activities for gymnasts, particularly on Safeguarding.

- Support in the reporting suspected abuse or poor practice.
- Access to professional support services.
- Fair and equitable treatment by the governing body/club.
- Be protected from abuse by children, other adult members and parents.
- Not to be left vulnerable when working with children.

Any minor misdemeanours and general misbehaviour will be dealt with immediately and reported verbally to the designated person. Serious or persistent breach of the code will result in disciplinary action and could lead to dismissal from the club/sport.

The coach/volunteer can appeal dismissals with final decisions taken by the club committee or referred to the governing body depending on the disciplinary procedures within the sport.

**Emergency action and first aid**

All coaches, leaders and members should be prepared with an action plan in the event of an emergency and be aware of our First Aid Procedures.

This will include:

- Know who your First Aiders are
- Access to First Aid equipment, Accident book
- Telephone contact if the gymnasts are minors
- Telephone contact to the Emergency Services

First Aiders are:

Signature of coach/volunteer:	
Print name of coach/volunteer:	
Date:	