



# Billings

## Rhythmic Gymnastics Club

### Code of conduct for Gymnast

As a member of Billings Rhythmic Gymnastics Club, you are expected to abide by the following club rules.

- Members are to be dropped off by a parent/carer at the registration desk to be booked in and should never be left unattended before the coach arrives.
- All members must participate within the rules and respect the volunteer coaches, judges and their decisions.
- All members must respect opponents and fellow club members.
- Members should keep to the agreed timings for training and competitions.
- Members must wear club uniform for training and events as agreed with the coach.
- Members must keep all long hair tied back in a neat bun. Remove all body Jewellery and false nails.
- Members must not smoke, consume alcohol or take drugs of any kind whilst representing the club at competitions, other events or at a training session.
- Members should treat all equipment with respect.
- Members to be prepared for training and have the correct equipment. Wear trainers. Bring a bottle of water.
- Members must inform the head coach of any injuries or illness they may have before the warm-up begins or any other personal elements that could affect their training or performances at events.
- Members should not eat or chew gum during a training session or bring fizzy drinks.
- Members should not use bad language.
- Members on arrival to training are to leave their mobile phones in the box provided at the registration desk and then to be collected at the end of their training session. Alternatively, these can be left at home.
- Members should remain with coaches at the end of a session until collected by their parent or carer.
- If a member has something special that they would like to share with their fellow gymnast friends then speak to the coaches e.g. birthday, special holiday, dance festival etc....

Billings club believes it is important that everyone associated with the club should show respect and understanding for the safety and welfare of others at all times. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with one of our Welfare Officers (Andrea Jeffery, Dawn Wootton & Sharon Stanton) or email them at [welfare@billingsrgc.com](mailto:welfare@billingsrgc.com)

Signed: -----

Date: -----

