



Zero Gravity Academy
CODE OF CONDUCT
For Club Coaches, Officials and Volunteers

The essence of good ethical conduct and practice is summarised below.

Protecting the Rights of the Gymnast:

Coaches must respect and champion the rights of every individual to participate in gymnastics. This includes:

- Promote a safe and enjoyable environment where the consideration of well-being and safety of participants is paramount; before the development of performance
- Recognising the rights of the performers to be treated as individuals and never exert undue influence over performers to obtain personal benefit or reward
- Encouraging performers to confer with other coaches if the need arises, and encouraging them to move on as their ability increases, even if this means moving to a new coach
- Promoting the concept of a well balanced life style for performers both within and outside of the clubs' activities

The Relationship with the Gymnast:

Coaches must develop an appropriate working relationship with performers based on openness, honesty, mutual trust and respect. This includes:

- Always be publicly open when working with gymnasts. Situations where a coach is working alone and unobserved with an individual should be avoided
- Taking care when providing manual support, only BG advised techniques for spotting and handling should be used
- If a group of gymnasts need to be supervised in the changing rooms, coaches should supervise in pairs
- Coaches should never take gymnasts home with them, or to any other scheduled place. Similarly, coaches should avoid transporting gymnasts, or where the need arises explicit permission from the parent/guardian should be sought and the coach should try to take more than one child and where possible another adult*
- Never engage in rough or sexually provocative games
- Never making suggestive remarks to a member – even in fun

- Do things of a personal nature for a child that they can do for themselves, this includes assisting them in changing rooms or in toilets
- Sharing a bedroom with an individual gymnast on overnight excursions – in this instance coaches should supervise in pairs where possible supervising groups of children
- The coach should at all times be concerned for the safety, well being , protection and future of the gymnast

Responsibilities – Personal Standards:

Coaches must demonstrate proper personal behaviour and conduct at all times. This includes:

- Coaches must hold the appropriate, valid qualifications and insurance cover
- Whilst representing the club, coaches should display high standards of behaviour, wear club uniform and be of a clean and tidy appearance
- Coaches should maintain good time keeping
- Coaches should give at least one weeks notice if they are unable to attend a session due to other commitments. In this instance it is the coaches responsibility to help find a replacement coach for the session
- Make sure all activities are appropriate to the age, ability and experience of those taking part and ensure all participants are suitably prepared physically and mentally when learning new skills
- Never consume alcohol immediately before or during training or events
- Always report any incidents, referrals or disclosures immediately, following the appropriate guidelines set out in the British Gymnastics Safeguarding and Protecting Children Policy.
- Never condone rule violations or use of prohibited substances
- Make sure that confidential information is not divulged unless with the express approval of the individual concerned
- Promote the positive aspects of the sport (e.g. fair play)
- Encourage performers to value their performances and not just results
- Follow all guidelines laid down by BG (*Trampolining Code of Practice*) and Zero Gravity Academy

* Coach and Gymnast Communications

Coaches, Volunteers and Officials should avoid all personal contact with gymnasts on a one to one basis. Instant Messaging, Text Messaging, Social Networking, E-mails and other such means of communication should be made through the appropriate club channels with no exceptions. If actions to contact gymnasts are necessary, a parent/guardian and club official should be copied into the communication.