



GYMNASTS CODE OF CONDUCT

City of Edinburgh Trampoline Club is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that it is important that members, coaches, officials, administrators, parents and spectators associated with the Club, should show respect and consideration towards others at all times. Therefore, all those associated with City of Edinburgh Trampoline Club should comply with the Club Codes of Conduct.

Club gymnasts should:

- Respect the rights, dignity and worth of all other Club members, regardless of gender, ability, cultural/environmental background, race or religion.
- Treat all Club members as you would like to be treated. Do not intimidate, bully, or take unfair advantage of another person.
- Show respect to coaches & officials at all times. It is unacceptable to address them in a derogatory or condescending manner.
- Never argue publicly with a coach or official. Any concerns can be raised with the Head Coach or Lead Coach if at a Club session. If at a competition/event, have the Head Coach /Lead Coach approach the coach or official in question, to raise the concerns in an appropriate manner, during a break or at the end of the competition/event.
- Participate for the 'fun of it' and not just to please parents, coaches or others.
- Enjoy winning, and also accept disappointment with good nature. Not everyone can win. Be prepared for disappointments sometimes. Everyone experiences success & failure. Treat every experience as a learning opportunity.
- Co-operate with your coach, club- mates and other competitors.
- Be a good sport. Acknowledge all good performances, whether they are from your Club, or another.
- CETC have a Zero tolerance to inappropriate e-mails, direct messages, or social media posts used to offend others or discredit the Club. Any comments made by members of the Club via these methods, which are deemed offensive or unacceptable, will be taken seriously, and dealt with in accordance with the Complaints and Disciplinary Policy (cont.)

GYMNASTS CODE OF CONDUCT

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- If there are any concerns regarding bullying, unfair treatment, or any other personal matter, initially approach your coach.
- If the matter is not resolved by your coach, or the matter concerns your coach, refer the matter to the Head Coach.
- If the matter is not resolved by the Head Coach, or concerns the Head Coach, the matter should then be referred in writing or by email, to the Chair of the Club Committee or Safeguarding Officers, by initially completing the Club's Complaints Form, as per the CETC Complaints & Disciplinary Policy.
- If over 18yrs, pay class fees promptly, and courteously inform the Club Secretary in writing (email) if you are leaving the Club, giving at least 1 months' paid notice.
- Take all opportunities to promote the Club positively. You are an ambassador for CETC.
- Behave respectfully at all times, & portray a good image of the Club, particularly when wearing Club kit and representing the Club at public events.
- Have zero tolerance of the use of performance enhancing drugs, and actively discourage the use of alcohol, tobacco and illegal substances, in line with UKAD & WADA current guidelines.



COACHES CODE OF CONDUCT

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Club coaches should:

- Respect the rights, dignity and worth of all other Club members, regardless of gender, ability, cultural/environmental background, race or religion.
- Be aware of the role of the coach as an educator. As well as delivering knowledge and skills, promote desirable personal and social behaviours, adhering to NGB policies regarding good practice.
- Be reasonable in your demands on young gymnasts' time, energy and enthusiasm.
- Remember that youngsters play for fun and enjoyment, and that winning is only part of their motivation. Never ridicule them for making mistakes, or not performing well in competition.
- Plan the length & intensity of training sessions around the ability and maturity level of gymnasts.
- Avoid favouritism. All gymnasts need, and deserve, equal time during training sessions. There may be occasions where a gymnast may require additional coach input in preparation for a special event, but this should balance out with other gymnasts requiring additional support throughout the term.
- Ensure that equipment and facilities meet health & safety standards, and are appropriate to the ages and ability of the gymnasts. Carry out safety checks prior to the start of every session.
- Keep updated and informed of changes in the sport; ensure that the information used is current, and appropriate to the needs of the Club and gymnasts.

COACHES CODE OF CONDUCT

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- Encourage and facilitate gymnasts' independence and responsibility for their own behaviour, performance, decisions and actions, and involve gymnasts & parents/guardians in joint decisions which affect them.
- Do not tolerate any acts of aggression or confrontation - verbal or physical. Should this occur, the perpetrator/s should be asked to leave the gym immediately, and the incident reported to the Head Coach/Committee.
- Do not exploit any coaching position to further personal, political or business interests at the expense of the best interest of your members.
- Demonstrate respect for the ability of gymnasts of other clubs, as well as for the judgement of officials and coaches from other clubs.
- Have Zero tolerance of the use of performance enhancing drugs, and actively discourage the use of alcohol, tobacco and illegal substances, in line with UKAD & WADA current guidelines.
- Provide regular feedback to parents/guardians and gymnasts in a manner sensitive to their needs. Avoid overly negative feedback.
- Support parents/guardians & gymnasts who may consult with specialists e.g. sports scientists, doctors, physiotherapists & psychologists, in the treatment of the gymnast. Consider the advice of these professionals when determining when the gymnast is ready to recommence training, ensuring the best interest & well-being of the gymnast at all times.
- Take all opportunities to promote the Club positively. You are an ambassador for CETC.
- CETC have a Zero tolerance to inappropriate e-mails, direct messages, or social media posts used to offend others or discredit the Club. Any comments made by members of the Club via these methods, which are deemed offensive or unacceptable, will be taken seriously, and dealt with in accordance with the Complaints and Disciplinary Policy.



PARENTS/GUARDIANS CODE OF CONDUCT

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Parents/Guardians should:

- Encourage children to participate if they are interested. If they are not, don't force them. Remember children are involved in sport for their enjoyment and ambitions, not yours.
- Focus on the enjoyment and participation of the sport- reduce the emphasis on winning.
- Don't be an armchair coach! Respect and accept the coach's reasons & decisions regarding training & competitions - they are the trained & qualified experts.
- Help your child to recognise good performance & achievements, not just medal results. Acknowledge effort & performance by members of all clubs.
- Demonstrate a high degree of individual responsibility, especially when dealing with, or in the vicinity of youngsters under 16 years of age, as your words and actions are an example. Support all efforts to remove verbal and physical abuse from sporting activities, and avoid the use of derogatory language based on any type of discrimination.
- Never publicly ridicule or reprimand your child, or any other children, for making a mistake or performing badly at a competition or at training.
- Accept the decisions of all officials as being fair, and made to the best of their ability. Do not raise issues of disagreement publicly.
- Never argue with a coach or official. If you disagree, have the Head Coach or Lead Coach approach the coach or official during a break, or after the training session/competition, in an appropriate manner.
- Show respect to coaches & officials at all times, and do not address them in a derogatory or condescending manner (cont.)

PARENTS/GUARDIANS CODE OF CONDUCT

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- In respect of any complaint against the Club, coach, or another member or parent of the Club, must Initially complete the Club's Complaints Form, as per the CETC Complaints & Disciplinary Policy.
- Accept that the decision of the Head Coach in all matters concerning Club members, including dismissal from the Club, is final. Decisions will be taken in consultation with the Club Safeguarding Officers & Club Committee where appropriate.
- Make the Lead Coach aware of any injury or condition that may affect the gymnast's ability to perform.
- Report any injuries or accidents incurred during classes or competitions directly to the class coach, if not already noted by the coach.
- Pay class fees promptly, and courteously inform the Club Secretary in writing (email) if your child is leaving the Club, giving at least 1 months' paid notice.
- Encourage your youngster to accept responsibility for their own performance and actions.
- Understand the repercussions if you breach, or are aware of any breaches, of this Code of Conduct
- Take all opportunities to promote the Club positively. You are an ambassador for CETC.
- CETC have a Zero tolerance to inappropriate e-mails, direct messages, or social media posts used to offend others or discredit the Club. Any comments made by members of the Club via these methods, which are deemed offensive or unacceptable, will be taken seriously, and dealt with in accordance with the Complaints and Disciplinary Policy.



COMMITTEE MEMBERS CODE OF CONDUCT

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Club Committee members should:

- Respect the rights, dignity and worth of all other Club members, regardless of gender, ability, cultural/environmental background, race or religion.
- Ensure that Club Codes of Conduct and other Policies are made available to all Club members as displayed on the Club website, and that all gymnasts, parents, coaches, administrators & Committee members are made aware of these policies when joining the Club.
- Ensure good communication with all Club members by means of letters, emails, website information and appropriate social media channels, including the Club Facebook page.
- Avoid negative or confrontational dialogue with Club members.
- Take all opportunities to promote the Club in a positive manner. You are an ambassador for CETC.
- Be actively involved and supportive of all Club matters/business/events
- CETC have a Zero tolerance to inappropriate e-mails, direct messages, or social media posts used to offend others or discredit the Club. Any comments made by members of the Club via these methods, which are deemed offensive or unacceptable, will be taken seriously, and dealt with in accordance with the Complaints and Disciplinary Policy.



SPECTATORS CODE OF CONDUCT

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Spectators should:

- Respect the rights, dignity and worth of all other Club members, regardless of gender, ability, cultural/environmental background, race or religion.
- Respect the rules and decisions of coaches and officials.
- Never ridicule or humiliate a gymnast for making a mistake during competition or at training. Be positive & supportive with any comments.
- Don't be an armchair coach! Respect and accept the coach's decisions regarding training & competitions - they are the trained & qualified experts.
- Condemn the use of intimidation or violence in any form, be it by spectators, coaches or gymnasts.
- Show respect for members of other clubs; without them, there would be no competition.
- Demonstrate socially appropriate behaviour. You are an Ambassador for the Club.
- Remember youngsters are involved in sport for fun and enjoyment. They are not performing for the entertainment of spectators.
- Comply with any restrictions on the recording or sharing of images imposed by the competition organisers, and be aware of the impact of social media use.
- Take all opportunities to promote the Club positively. You are an ambassador for CETC.
- CETC have a Zero tolerance to inappropriate e-mails, direct messages, or social media posts used to offend others or discredit the Club. Any comments made by members of the Club via these methods, which are deemed offensive or unacceptable, will be taken seriously, and dealt with in accordance with the Complaints and Disciplinary Policy.