

## MEMBERS CODE OF CONDUCT



- Members should arrive on time and dress suitably for their session.
- Dress code is leotard and stretchy shorts for girls and boys. A close fitting T-shirt may be worn in place of or over a leotard. Tracksuits should also be worn.
- All long hair must be securely tied back. No hairbands or raised accessories are allowed.
- No jewellery can be worn during sessions. FGA cannot take any responsibility for any jewellery lost or stolen.
- Members should bring a bottle of still water or juice to all sessions.
- Members should follow the instructions of the coach at all times.
- Members must not climb on or use any equipment unless instructed to do so by a coach either during, before or after sessions.
- Members are expected to maintain a good standard of behaviour at all times.
- Members should treat their coach and fellow gymnasts with respect and be nice to others at all times. Any form of bullying will not be tolerated.
- All discipline matters or complaints should be directed to the session coach.

## SOCIAL NETWORKING AWARENESS

### Gymnasts:

- Use the internet positively and do not place yourself at risk.
- Always remember that anything you say including photos, pictures and video clips posted on your site may be shared with people other than those for whom it was intended.
- Never post or send any photographs, videos or make comments that may be: hurtful, untrue and upsetting and you may regret sharing later on, or used by other people in a way you did not intend or want.

### Parents:

- We recommend you check your son/daughter Facebook privacy settings; ideally it should be set to Friends Only can view your page not Friends of Friends.
- We recommend that photos or videos of training sessions are not posted.
- We recommend you don't use open Facebook as way of communicating with other parents as it may be seen by others.

If parents or gymnasts want to discuss this further please speak to one of our head coaches.