

Gymnastics Code of Conduct

- [British Gymnastics Standards and Expectations](#)
- All gymnasts must arrive 10 mins before the training session (You should know well in advance if you are going to be late and inform the coach.)
- All gymnasts need to respect coaches, judges, and their decisions.
- All gymnasts need to respect fellow club members.
- Gymnasts need to respect the building(s) and other members of the public using the facilities.
- Always train with a positive attitude and try your hardest.
- Listen carefully to the coaches and follow instructions.
- Gymnasts must wear suitable clothing for training and events as agreed with the coach. Keep all long hair tied back, and no jewellery to be worn.
- British Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. This policy applies to all participants and coaches in training and in events at home and abroad.
- Under British Gymnastics guidelines, fingernails and toenails must be kept short and clean to prevent injury to the gymnast, peers, and coaches.
 - **Short Length:** Nails must be kept short and at an active, safe length. Long nails pose a high risk of ripping, breaking, or scratching during apparatus work and spotting. Nails must not extend significantly past the tips of the fingers. A common standard used across clubs is that nails should not be visible over the fingertip when looking at the palm with fingers facing upward (similar to netball rules).
 - **False and Acrylic Nails:** False, acrylic, poly gel, or press-on extensions are **strictly prohibited**. They present a major safety hazard because they can catch on equipment or injure coaches during close-contact spotting.
 - **Right to Refuse Participation:** Coaches hold the absolute right to pull a gymnast from participating or competing if their personal appearance or nail length is deemed an immediate safety risk
- We encourage gymnasts to consume only healthy snacks and drinks while taking part in sessions.

- Gymnasts should treat all equipment with respect, and only use it when told to do so by their coach.
- Gymnasts must inform their coach of any injuries or illness they may have before the warm-up begins.
- Gymnasts must not use offensive language or name call.
- Gymnasts should not bully or try to force others to do or say things they do not want to. Please bring to the attention of the welfare officer or coach.
- Gymnasts should remain with coaches at the end of a session until collected by their parent or guardian.
- Children must wait at the sports hall reception for collection.
- Gymnasts must turn off mobile phones during training.