



CODE OF CONDUCT POLICY

The Code of Conduct herein shall address and include all members, including athletes, coaches, parents and visitors.

Thank you for being part of our club. As Adrenaline Gymnastics members, you have a special role representing the club, within the club and beyond the scope of the premises. The coaches, alongside athletes and parents, will do everything we can to make sure you have a positive gymnastics experience.

Expected Behaviour:

In keeping with the Gymnastics Ontario (GO) Code of Ethics, conduct at all times, shall reflect **honesty, good sportsmanship, courtesy, and respect towards others**. All members are encouraged to cooperate together for the betterment of the sport of gymnastics. This includes coaches, athletes, visitors, and parents.

Examples of behaviour: polite to all participants including coaches, teammates, members of other groups, parents; positive self-talk and positive feedback to teammates; inclusion of all teammates; absolutely no gossiping; exhibit patience during class/training session.

Sportsmanship:

Adrenaline Gymnastics is a member of the [True Sport Movement](#) which celebrates healthy, respectful environment. As a True Sport supporter, Adrenaline Gymnastics adheres to the practices and principles of True Sport:

Go For It: Rise to the challenge – always strive for excellence. Discover how good you can be.

Play Fair: Play honestly – obey both the letter and spirit of the rules. Winning is only meaningful when competition is fair.

Respect Others: Show respect for everyone involved in creating your sporting experience, both on and off the field. Win with dignity and lose with grace.

Keep It Fun: Find the joy of sport. Keep a positive attitude both on and off the field.

Stay Healthy: Place physical and mental health above all other considerations – avoid unsafe activities. Respect your body and keep in shape.

Include Everyone: Share sport with others. Ensure everyone has a place to play.

Give Back: Find ways to show your appreciation for the community that supports your sport and helps make it possible.

Attendance:

There are no made up classes offered to individuals who miss class/training. For this reason, we encourage everyone to make gymnastics a priority and to miss when absolutely necessary.

Attire & Team Uniforms:

Gymnasts are expected to come to practices in appropriate gym attire: no loose clothing, body suit, long hair tied back out of face and no jewelry with the exception of stud earrings.

General Gym Rules:

- Greet your coach upon entering the gym
- Get your coaches' permission/supervision to go on the equipment.
- Do safe gymnastics. Safety is the priority at all times.
- Get permission to do inversions (flips).
- Walk from event to event, never walk across landing mats and always walk around the edge of the floor.
- Come to gymnastics prepared to train. This means being well rested, well fed, & properly hydrated.
- Wear proper gym attire: Girls-bodysuit, Boys-shorts & suit, bare-feet, long hair tied back, no jewelry except stud earrings.
- No chewing gum.
- Learn by progressions and understand that learning occurs at an individual pace.
- Eat healthy snacks during gymnastics. Adrenaline Gymnastics is a nut-free zone.
- Wash your hands before and after eating.
- Ask permission to leave the gym, go to the washroom or get a drink, so your coach knows where you are.
- Do not be a distraction to your teammates. Wait patiently for your turn and you will be rewarded with the coaches' full attention.
- Have fun!

Bill of Rights for Athletes:

- Right to the opportunity to participate in sports regardless of ability.
- Right to participate at a level that is consistent with the developmental level.
- Right to have qualified sensitive leadership.
- Right to participate in a safe and healthy environment.
- Right of each participant to share in the leadership and decision making of their sport.
- Right of child athletes to play as children.
- Right to proper preparation in the sport.
- Right to an equal opportunity to strive for success.

- Right to be treated with dignity by all involved.
- Right to have fun through sport.

Bill of Rights for Coaches:

- Right to have every gymnast's full attention during practices and meets.
- Right to be treated with respect by gymnasts and parents.
- Right to have the full support of the Board of Directors in advancement and further training.

Coaches' Code of Ethics:

Respect for Participants: The principle of respect for participants challenges coaches to act in a manner respectful of the dignity of all participants in sport. Fundamental to this principle is the basic assumption that each person has value and is worthy of respect.

Responsible Coaching: The principle of responsible coaching carries the basic ethical expectation that the activities of coaches will benefit society in general and participants in particular and will do no harm. Fundamental to the implementation of this principle is the notion of competence – responsible coaching (maximizing benefits and minimizing risks to participants) is performed by coaches who are “well prepared and current” in their discipline.

Integrity in Relationships: Integrity means that coaches are expected to be honest, sincere and honourable in their relationships with others. Acting on these values is most possible when coaches possess a high degree of self-awareness and the ability to critically reflect on how their perspectives influence their interactions with others.

Honouring Gymnastics: This principle challenges coaches to recognize, act on, and promote the value of sport for individuals, teams, and other partners in gymnastics and for society in general.

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Parents' Code of Ethics:

- Do not force an unwilling child to participate in sports.
- Remember children are involved in organised sports for their enjoyment, not yours.
- Encourage your child to always play by the rules.
- Teach your child that an honest effort is as important as winning awards or attaining certificates so that the result is accepted without undue disappointment.
- Turn defeat to victory by helping your child work toward skill improvement and good sportsmanship.
- Never ridicule or yell at your child for making a mistake.
- Remember that children learn best by example. Applaud good performance by your team and by members of the other teams.
- Do not publicly question the coach's' judgement and never their honesty.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.

- Show respect for the authority of your child's coach.

Support Network: The Coach/Parent/Athlete Partnership

The coaches, in cooperation with the parents, pledge to support and encourage a positive team environment for the gymnasts, which values sportsmanship and honours sport.

Together, we are here to support your children, the athletes who have hopes and dreams of being the best they can be in life and in this sport. We will do all we can do to encourage them in this dream. To make their goals come alive, it is extremely important to have the gymnasts, parents, and coaches all functioning together as a team.

Resolution of Conflict:

If you have a problem, please talk to the coach at the appropriate time; if it is to briefly notify us of an injury, illness or future absence, the beginning or end of class is acceptable; for any problem or issue that requires longer discussion, please call or email to make an appointment.

We will always base our decisions on what is ultimately the best for the child first and athlete second. We may make mistakes but we are professionals that have trained, and continue to train, to do this job. If you do not feel that we are qualified, you have the ultimate control of removing your child from our program.

It is also possible that a gymnast may be asked to leave our program due to the actions or inaction of his/her parent(s). While we don't ever want a child to be punished for the actions of his/her parent(s) we will begin disciplinary action against parents who, by their words or actions, do not support the policies and values of our team program or who take it upon themselves to make decisions that are only to be made by our coaching staff and/or Board of Directors.

Disciplinary Action:

If an athlete is deemed to act in an unsportsmanlike way towards other members of the team, including coaching staff or officials, or is not following the rules set out in the Adrenaline Gymnastics Athlete Code of Conduct, the following steps will be taken:

1. Gymnast will be given a verbal warning and parents will be phoned or spoken to in-person, to be informed of the situation. Attempts will be made to resolve the issue, between the coach, parent(s), and athlete(s) involved.
2. Gymnast will receive a written warning of second incident and a meeting with the coach, parent(s), and athlete(s) will be requested. Attempts will be made to resolve the issue, between the coach, parents(s), and athlete(s) involved.
3. Gymnast will be asked to leave the program.

Additional Information for Parents:

Being a Great Athlete's Parent

Research shows that parents have one of the most difficult jobs on the parent/athlete/coach team because they have the smallest role in actually controlling performance. At the same time, the parent feels a much higher sense of personal attachment to this performance. This combination of a high emotional stake in a performance that they have so little direct control is stressful! Many times this stress causes them to lose sight of their role on the team and attempt to work beyond their limits. This can cause stress for the coach and the athlete, as well as reduce the effectiveness of this three-part team.

The most common symptom of this stress shows when the parent begins to “coach” their child. They try to make technical corrections on the way a skill is being done, or attempt to make decisions on what skills should be in a routine, or feel they know which group their child should be in, or give corrections to their child at a competition. If you choose Adrenaline Gymnastics as the place for your child to train for competition, be sure of your decision and then let us do our jobs. Once your child walks through the gym doors, or onto the competition floor, they are our responsibility.

Some Guidelines for Parents:

Danger signs– they indicate the parent needs to re-evaluate their actions and attitudes.

- Observing every practice – intently.
- Learning about technique and deductions and applying it critically to your gymnast
- Comparing your child and their progress to other gymnasts on the team.
- Verbally abusing the gym, its coaches, and its facilities yet remaining in the program
- Videotaping any meet and requiring your child to review it at home with you.

Incorrect

You beat Susie, alright!

If you win today, there's \$20 in it for you.

That judge never liked you.

She's been at this level for 3 years; it's time to move up!

Correct

You stuck your beam routine!

Do your best.

Work hard, you'll do better next time.

As long as she is progressing, I'm happy!

Become the essential link in the training triangle of parent/athlete/coach. Your trust in the coaching staff is paramount. Gymnasts need more encouragement at “plateaus” in their skill development. At times when no progress is being made, or at least it seems that way, a supportive hug after practice sure feels good! Encouragement is great, but please refrain from pressuring the child to “outperform” anyone else or to attempt skills which may be beyond her present physical ability and

therefore dangerous. Truly believe that we have your child's best interest in mind, and we ask you to support the coaching staff during the rough times.

Find out about your gymnast's progress periodically. A good time for a **brief** conference with the coach is just after practice. For a full discussion of your gymnast's progress, make an appointment with the child's coach. Advise coaches of adverse situations or stresses the gymnast may be undergoing outside the gym. Should problems arise, communicate with the coaching staff. We would much rather bring the problems to the surface than hear about your discontent through someone else.