

**CHELtenham & GLOUCESTER GYMNASTICS CLUB**  
**CODE OF CONDUCT - GYMNASTS**

Welcome to Cheltenham & Gloucester Gymnastics Club (CGGC)! We're so happy to have you here. To make sure everyone has fun, stays safe, and improves their skills, we have a few important rules for you to follow. These rules help us all get along and enjoy gymnastics together.

**1. BE KIND & RESPECTFUL**

- **Respect Everyone:** Be kind to all gymnasts, coaches and helpers. Use nice words and actions. Treat others the way you want to be treated.
- **Cheer Each Other On:** Encourage your teammates. Celebrate their progress and achievements, no matter how big or small.

**2. LISTEN & LEARN**

- **Listen to Coaches:** Pay attention to your coaches and follow their instructions. They are here to help you learn and stay safe.
- **Ask Questions:** If you don't understand something, it's okay to ask questions. Your coaches are happy to help you.

**3. BE ON TIME AND READY**

- **Be Punctual:** Arrive on time for practice. Being on time shows respect for your coaches and teammates.
- **Be Prepared:** Bring everything you need for practice, like your gym clothes and a water bottle.

**4. STAY SAFE**

- **Follow Safety Rules:** Always follow the safety rules in the gym. They are there to keep you and your friends safe.
- **Report Injuries:** If you get hurt or feel unwell, tell your coach right away. They will help you.

**5. TAKE CARE OF EQUIPMENT**

- **Use Equipment Properly:** Use the gym equipment as instructed by your coaches. This helps prevent accidents and keeps the equipment in good shape.
- **Keep the Gym Tidy:** Help keep our gym clean by putting away equipment and throwing away any rubbish.

**6. SHOW GOOD SPORTSMANSHIP**

- **Play Fair:** Always play fair and follow the rules. Winning is fun, but it's more important to be fair and respectful.
- **Be Gracious:** Whether you win or lose, be kind and respectful to your opponents and teammates.

## 7. HAVE A POSITIVE ATTITUDE

- **Stay Positive:** Keep a positive attitude, even when things are tough. Believe in yourself and keep trying your best.
- **Support Your Team:** Be a good teammate by helping and encouraging others.

## 8. USE SOCIAL MEDIA RESPONSIBLY

- **Be Nice Online:** If you post about gymnastics on social media, always be positive and kind. Don't say mean things about anyone.

<b>G</b>	<b>Gracious</b> Be kind and show good sportsmanship to everyone.
<b>Y</b>	<b>Yes to Safety</b> Always follow the safety rules to keep everyone safe.
<b>M</b>	<b>Mindful</b> Pay attention to your coaches and be respectful to everyone.
<b>N</b>	<b>Neat</b> Keep the gym tidy and take care of the equipment.
<b>A</b>	<b>Active</b> Be on time and ready to participate in all activities.
<b>S</b>	<b>Supportive</b> Encourage your teammates and cheer for each other.
<b>T</b>	<b>Try Your Best</b> Stay positive and always give your best effort.
<b>I</b>	<b>Inclusive</b> Be welcoming and include everyone, no matter their background.
<b>C</b>	<b>Cooperative</b> Work together with your coaches and teammates.
<b>S</b>	<b>Social Media Respect</b> Be kind online and post positive things about gymnastics.

### A Friendly Reminder

Remember, CGGC is like a big family with lots of different people. We all have different ideas and ways of doing things, but these rules help us all get along and have fun together. By following this Code of Conduct, you're helping to make our club a great place for everyone. Let's all work together to have a fantastic time at gymnastics!

Thank you for your cooperation and support.



Jimmy Taylor Cardoso