

**CHELTENHAM & GLOUCESTER GYMNASTICS CLUB**  
**CODE OF CONDUCT - COACHES**

At Cheltenham & Gloucester Gymnastics Club (CGGC), coaches play a crucial role in the development and well-being of our gymnasts. This Code of Conduct outlines the responsibilities and expectations for coaches to ensure a safe, supportive, and positive environment.

**1. GRACIOUS LEADERSHIP**

- **Be a Role Model:** Demonstrate positive behaviour and sportsmanship. Lead by example with integrity, respect, and kindness.
- **Encourage Fair Play:** Promote fair play and respect for all participants.

**2. YES TO SAFETY**

- **Ensure Safety:** Prioritise the safety and well-being of all gymnasts. Conduct regular safety checks of equipment and facilities.
- **Injury Prevention:** Follow proper procedures for injury prevention and management. If qualified to do so, provide first aid when necessary and communicate with parents about any injuries.

**3. MOTIVATION & SUPPORT**

- **Encourage & Inspire:** Motivate gymnasts to reach their full potential. Provide positive reinforcement and celebrate their progress and achievements.
- **Individual Attention:** Recognise and address the individual needs and abilities of each gymnast. Provide personalised feedback and support where possible.

**4. NURTURE RESPECT AND INCLUSIVITY**

- **Respect Diversity:** Foster an inclusive environment that respects and values diversity. Ensure all gymnasts feel welcome and included.
- **Promote Teamwork:** Encourage cooperation and teamwork among gymnasts.

**5. INTERPERSONAL RELATIONSHIPS**

- **Appropriate Behaviour:** Do not engage in behaviour that constitutes any form of abuse (physical, sexual, emotional, neglect, bullying).
- **Relationships:** Avoid sexual relationships with participants, either while coaching them or in the period of time immediately following the end of the coaching relationship.
- **Responsibility:** Take action if you are concerned about the behaviour of an adult towards a child or vulnerable person.

## 6. PERSONAL STANDARDS

- **Presentation:** Project an image of health, personal hygiene and functional efficiency.
- **Be Approachable:** Carry yourself in a way where members and parents feel comfortable approaching you with a query or question.

## 7. PROFESSIONAL STANDARDS

- **Work Ethic:** Make a commitment to providing a high-quality service. Promote safe and correct practice of learning gymnastic.
- **Roles & Responsibilities:** Understand your roles and responsibilities as a coach. Follow your training and always act within the bounds of your level of coaching accreditation.

## 8. ACTIVE ENGAGEMENT

- **Be Present & Punctual:** Arrive on time for training sessions and events. Be fully engaged and attentive during practice.
- **Continuous Improvement:** Stay updated with the latest coaching techniques and developments in gymnastics. Seek ongoing professional development opportunities.

## 9. ORGANISATION & COMMUNICATION

- **Be Ready:** Help the Head Coach develop structured and well-organised training sessions. Ensure sessions are engaging, challenging, and enjoyable.
- **Effective Communication:** Communicate clearly and effectively with gymnasts, parents, and other coaches.

## 10. TRUSTWORTHY & ETHICAL

- **Maintain Confidentiality:** Respect the privacy of gymnasts and their families. Do not share personal information without consent.
- **Ethical Conduct:** Adhere to the highest standards of ethical behaviour. Avoid any form of discrimination, harassment, or abuse.

## 11. INCLUSIVE COACHING PRACTICES

- **Adaptability:** Adapt coaching methods to accommodate different learning styles and abilities.
- **Equal Opportunities:** Ensure all gymnasts have equal opportunities to participate and succeed.

## 12. COMMITMENT TO DEVELOPMENT

- **Foster Growth:** Encourage gymnasts to set and achieve personal goals. Provide guidance and support for their development both inside and outside the gym.
- **Feedback & Evaluation:** Provide constructive feedback and regular evaluations to help gymnasts improve their skills.

### **A Friendly Reminder**

Our club is made up of hundreds of families, each with different backgrounds and ideas about rules and conduct. While we can't please everyone all the time, this Code of Conduct helps us create a safe, respectful, and positive environment for all. By adhering to these guidelines, coaches play a vital role in the success and enjoyment of our gymnasts and the overall club community.

Thank you for your cooperation and support.



Jimmy Taylor Cardoso