



## Code of Conduct for Participants

NVRGC believes it is important that everyone associated with the club should show respect and understanding for the safety and welfare of others at all times.

As a member of Nene Valley Rhythmic Gymnastics Club you are expected to abide by the following club rules:

- Club uniform with, socks and trainers to be worn for all training sessions & events.
- Jeans or loose, baggy clothing is not appropriate and must not be worn for training. Heelies, ugg, flip flops and 'crocs' are not appropriate for the gym.
- Hair must be secured in a bun. Long ponytails can be dangerous and are not allowed.
- No jewellery is permitted. Friendship bracelets are not permitted. Earrings and bars must be removed or covered with tape.
- Members are expected to provide their own apparatus and bring it to every session.
- Where the club has provided a music cd you must bring it to every session.
- Members must inform their coach of any injuries or illness they may have before the warm-up begins.
- Members are expected to behave in a polite and controlled manner at all times.
- Be supportive of fellow members in training and in competition.
- Members must treat coaches and members of other clubs with respect.
- Members must participate within the rules and respect coaches, judges and their decisions.
- Members must not eat or chew gum during a session and must not bring fizzy drinks.
- Members should avoid bringing valuables to training sessions - NVRGC accepts no responsibility for any losses.
- Members should remain with coaches in the gym at the end of a session until collected by their parent or guardian.

Members are encouraged to share any concerns or complaints that they may have about any aspect of the club with the club's welfare officer (Vickie Ashford 07917616763 or Natasha Davies 07734429387) Questions concerning training should be directed to your gymnasts coach.