

Code of Conduct

As a member of Denmark Gymnastics, all persons are required to comply with the following Codes of Conduct

Athletes

Our expectations about the way in which we work with each other are based on 5 key principles:

1. **Cooperation** – We place strong value on cooperation as we believe it is far more productive to work together with each other.
2. **Courtesy** – We are all entitled to enjoy a polite and considerate environment.
3. **Integrity** – Denmark Gymnastics advocate Honesty, Trust and Respect for others and their property.
4. **Behavioural Beliefs** – All athletes must accept responsibility for their own behaviour and understand that poor behaviour has consequences.
5. **General Expectations** – Be punctual and courteous to other and treat everyone with respect.

- Participate for your own enjoyment and benefit. Not just to please parents and coaches.
- Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators.
- Respect the talent, potential and development of fellow athletes and competitors.
- Respect the rights, dignity and worth of every person regardless of their ability, gender, cultural background or religion.
- Acts of aggression will NOT be tolerated at Denmark Gymnastics.
- Be a good sport – always be courteous to others.
- Stay with and listen to your coach AT ALL TIMES. Fulfill their instructions to the best of your ability.
- Do not use equipment without the permission of your coach.
- Gymnasts must ask permission from their coach to leave the training area and advise them of leave to go to the bathroom.
- Be punctual to class. Athletes should arrive 5 minutes before the start of their class and be waiting quietly, ready to start, dressed and with a full water bottle.
- Be honest with your coach about any illness or injury which may affect your ability to train.
- Never argue with a coach or official.
- Treat all athlete's as you would like to be treated. At Denmark Gymnastics there is a NO BULLYING policy and bullying will be dealt with accordingly. Please report any concerns to your coach.
- Respect our equipment and facility.
- If no one is present to pick you up after class please notify your coach and wait quietly in the waiting area. The coach may contact your parent/guardian after a time. Do not wait outside – this is for your own safety.

Breach of conduct will result in these consequences:

- First time offences, gymnasts will receive a warning from their coach.
- Second time offences, gymnasts will sit out of class for 5 minutes.
- Third time offences, parents will be called to come and collect the gymnast
- severe/persistent breaches may result in suspension or expulsion from training or the club.

I have read Denmark Gymnastics - Athlete Code of Conduct and agree to the terms outlined.

Athlete signature: _____ **Date:** _____

Parent/Guardian signature: _____ **Date:** _____