

GYMSPIRE ACADEMY CODE OF CONDUCT

Gymnasts, Squad Gymnasts, Parents & Coaches

Last Amended: 11 February 2026

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1. CODE OF CONDUCT FOR GYMNASTS

Respect & Behaviour

- Be respectful to coaches, volunteers and officials and listen to instructions.
- Be kind, friendly and encouraging to all members.
- Treat others as you wish to be treated.
- Bullying is not tolerated. Report concerns to your Head Coach immediately.
- Gymspire reserves the right to refuse admission or dismiss gymnasts at the Head Coach's discretion for inappropriate behaviour. Warnings will be issued and parents informed where necessary.

Equipment Use

- Only use equipment with coach permission.
- Use equipment only as instructed.

Dress Code

- Wear appropriate gymnastics clothing: t-shirt, shorts, leotard, leggings or joggers.
- No jeans, tights, dresses or excessively baggy clothing.
- Gymnasts must be barefoot. Grip socks permitted only for medical reasons with Head Coach approval.
- Remove jewellery and watches before class.
- Non-removable piercings must be taped.
- Hoop earrings are not permitted.
- Long hair must be tied back.
- Cheer shoes must be worn for all training and competitions for Cheerleading classes.

Food & Drink

- No food or drink on equipment or matted areas.
- Water must be in a labelled bottle and kept at the side of the gym.
- Dispose of rubbish in bins.

Leaving the Gym

- Do not leave unless instructed by a coach.
- Written parental consent is required to leave unaccompanied.
- Remain in the gym until dismissed to a parent/guardian.
- Toilet breaks must be requested. Follow the toilet procedure for your venue. Shoes must be worn.

Health & Safety

- Inform your coach immediately if unwell or injured.
- Ask for help if unsure about a skill.

Additional Requirements

- Label and hand medical items (inhaler, EpiPen, medical bag) to the coach at the start of the session.
- Parents must keep medical details updated via their account.
- Do not bring valuables. The Academy is not responsible for lost or stolen items.
- Ensure clothing is clearly labelled.

2. CODE OF CONDUCT FOR SQUAD GYMNASTS

In addition to the Gymnast Code of Conduct:

Attendance & Commitment

- Attend training regularly.
- Participate in all competitions unless agreed otherwise.
- Report long-term absences to the Head Coach.
- Arrive on time for training and warm-ups.

Behaviour & Standards

- Demonstrate good sportsmanship at competitions.
- Show consistent effort and commitment.
- Poor attitude may result in squad position review.

Uniform Requirements

- Wear Gymspire training leotard to all sessions.
- Prior to first competition, squad gymnasts must have competition leotard, Gymspire jumper and Gymspire leggings (girls) or tracksuit bottoms (boys).

Core Value

- Work hard, have fun and always try your best.

3. CODE OF CONDUCT FOR PARENTS & GUARDIANS

Respect & Conduct

- Be respectful to coaches, volunteers, members and all Gymspire Academy employees.
- Raise concerns with the Head Coach appropriately.
- Encourage your child to follow gym rules.
- Gymspire reserves the right to refuse entry for breaches of terms.

Preparation

- Ensure your child follows the Gymnast Code of Conduct.

Communication

- Inform the Head Coach of injuries or illnesses.
- Update contact and medical details via your account.

Punctuality & Collection

- Arrive on time and remain with your child until handed to the coach.
- Notify coaches if running late.

- Be ready for prompt collection.
- Children under 14 may not leave unaccompanied without written consent.

Additional Rules

- No photographs in the gym hall.
- Fees must be paid on time.
- Parents are not permitted in the gym during sessions (except trial classes).

4. CODE OF CONDUCT FOR COACHES & VOLUNTEERS

Professional Conduct

- Act as an ambassador for the Academy.
- Maintain professionalism and respect at all times.
- Avoid harassment, discrimination or bullying.
- Uphold honesty and fairness.

Safeguarding & Welfare

- Provide effective supervision and safe coaching practices.
- Prioritise wellbeing over performance.
- Report and record incidents according to procedures.
- Hold valid DBS (renewed every 3 years where required) for coaches age 16+.

Inclusion & Equality

- Treat all young people fairly and promote inclusivity.

Professional Standards

- Be a positive role model.
- Refrain from smoking or alcohol during activities.
- Hold appropriate qualifications and insurance.

5. EMERGENCY ACTION & FIRST AID

- Access to First Aid equipment.
- Emergency contact details for minors.
- Access to a telephone for emergency services.
- Head Coach access to a telephone at all times.