



Registered charity no 1129701

PARTICIPANTS' CODE OF CONDUCT

As outlined in the welcome letter if **any** of the following rules are broken you will be given a preliminary warning by the coach, followed by a time out of 15 minutes and thereafter you will be asked to leave the session. **Under no circumstances will abusive or threatening behaviour towards SEGC staff and/or other participants be tolerated.** All such incidences will be reported to the police immediately.

South Essex Gymnastics Club reserves the right to temporarily or permanently ban you from the sessions should your behaviour and/or conduct be inappropriate.

- You may not enter the gym area until invited to do so by a freestyle gymnastics coach.
- At the beginning of the session the head coach may restrict the use of certain equipment for safety reasons, any instructions of this nature **MUST** be followed.
- **ALL** gymnasts **MUST** take part in the warm up activities (including basic stretching). If you are late to a session you must still warm up and introduce yourself to a coach. This is for your safety.
- Freestyle Gymnasts' are NOT permitted to manually support each other for skills. If you need help please ask a freestyle coach.
- You must seek advice from a freestyle coach if you are attempting a new skill.
- You must NOT attempt **DOUBLE SOMERSAULTS** without speaking to the lead coach first for advice and/ or supervision!
- You must not alter/ adjust equipment – ask session coaches to help you if you need to alter equipment.
- 10 minutes before the end of your session you will be asked to stop and pack away. **Please do this immediately.** YOU MUST ASSIST IN PACKING AWAY.
- All food is to be consumed **OUTSIDE** of the gym hall.
- No jewellery is to be worn by anyone inside the gym.
- No shoes or footwear are to be worn during the freestyle session.
- Long hair is to be tied back and secured.
- No caps/ bandanas or other such items are to be worn during the session without the permission of the lead coach.
- Suitable sports clothing is to be worn at all times, such as shorts/ jogging bottoms and a t-shirt/ jumper. **No jeans are allowed.**
- Any friends or family who wish to wait and watch are welcome to stay but **MUST** wait/ observe in the foyer or designated viewing area.