



Code of Conduct for Gymnasts

Please Read Over These with Your Child.

I will take part in the warm-up

I will tie my long hair tied back (be aware of hair ties that have hard plastic pieces attached).

I should do Gymnastics in my bare feet.

I will leave my jewellery at home (including stud earrings).

I will listen to my coach.

I will only use the gymnastics equipment when my coach tells me to.

If anything happens that I am unhappy about I will tell my coach or an adult I trust.

I will remember that trying is very important

I will be kind to others

I will have FUN and smile!