



FINDING CONFIDENCE GROWING CHARACTER

*Skills for Life*

# GYMNASTS

- 1) **All gymnasts must obey the Club Rules at all times.**
- 2) **All gymnasts must treat all other people as they would like to be treated.** Bullying other gymnasts is completely unacceptable. You should also not interfere with or otherwise take advantage of any other gymnasts in the club or from other clubs.
- 3) **All gymnasts should follow their coaches instructions at all times.** If you are unsure what you are being asked to do it is okay to ask.
- 4) **Bad language is not acceptable.** This includes derogatory language based on gender, race and ability.
- 5) **When at competitions it is important to remember that trying your best is the most important thing.** You should show good sportsmanship by acknowledging good routines or skills from other gymnasts including those from other clubs.
- 6) **You should not criticise judges or other officials at competitions.** They are there for your benefit and you should accept all scores and decisions with good grace.
- 7) **You should not touch or use other people's property at the club or at other events like competitions without their permission.**
- 8) **You should respect all other gymnasts and coaches in the gym at all times.**
- 9) **Many gymnastics skills are scary when you first learn them but you should give them a go and try your best.** Your coach is there to make sure you are ready to try skills and you should listen to what they are saying.
- 10) **You should be aware of what is acceptable behaviour in others and it is okay to bring it to the attention of someone in charge if someone is not acting appropriately.**
- 11) **You should treat all the equipment in the gym with respect and you should take care when using it or moving it.** It is important that you cooperate with other people when moving equipment so that accidents don't happen.
- 12) **HAVE FUN!!!**

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