



CODES OF BEHAVIOUR

Adopted by Canberra City Gymnastic Club

Coaches Code of Behaviour

- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young gymnast for making a mistake or not coming first.
- Be reasonable in your demands on gymnasts' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your gymnasts to do the same.
- Ensure that the time gymnasts spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented gymnasts; the just average need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all gymnasts.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, judges, officials, administrators, the media, parents and spectators. Encourage your gymnasts to do the same.
- Show concern and caution toward sick and injured gymnasts. Follow the advice of a physician when determining whether an injured gymnast is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the gymnast's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.