

### **Behaviour Policy for Squad Gymnasts**

#### **Harefield Gymnastics gymnasts will: -**

- Do their best to attend classes on time
- Listen to and follow the instructions of their coaches at all times
- Tell a coach if they have any injuries or feel unwell during a class
- Try their hardest to achieve the tasks they are set
- Tell a coach if they believe that another member of the class is being bullied or unfairly treated by other participants in the gymnasium

#### **Harefield Gymnastics gymnasts will not: -**

- Eat during training sessions (other than during a scheduled lunch or snack break during long sessions, or where they need to eat for medical reasons)
- Leave the gymnasium without first obtaining the permission of a coach
- Attempt a new move or series of moves without the permission, support or supervision of a coach
- Enter the gymnasium at the start of a session until asked to do so by a coach
- Be rude or disrespectful to coaches and other participants
- Criticise the performance of another participant

### **DISCIPLINE POLICY FOR GYMANSTS**

1. Any gymnasts failing to meet behaviour standards will receive a verbal warning. If the behaviour does not change, the gymnasts will be sat out of the session. The coach will explain to the gymnast as to why he/she has been sat out. After a short period of time the gymnasts will be asked to join back in with the session. If the gymnasts choose to join back in with the session it is at the discretion of the coach as to what type of training the gymnast will do.
2. If the behaviour continues after the gymnast has been sat out for a period of time the gymnast will be told that his/her session is finished, and the parent will be called to collect the gymnast early. Once the parent gets to the gym the coach will briefly explain to the parent what has happened. This will then be followed up by an e mail from the coach to highlight what the gymnast did for this action to be used.
3. If this happens on more than three occasions within a 3-month period the parent, gymnast, personal coach and head coach will meet to discuss the issues and an action plan with specific targets will be set up. The gymnast will be monitored during this time to see whether the behaviour changes.
4. If the gymnasts' behaviour does not change whilst on an Action Plan another meeting with the gymnast parent, personal coach and head coached is arranged to decide on moving the gymnast to a lower squad, suspension or expulsion from the club.
5. **Serious disruptive or threatening behaviour of any kind including bullying is unacceptable in the Club and will not be tolerated. Action 4 will be immediately enforced.**