

# Club Code of Behaviours



At St John's Gymsports, we strive to create an environment where all members, Coaches, and Volunteers can thrive. Our *Code of Behaviours* reflect our commitment to fostering respect, integrity, and safety for everyone involved in our Gymsports programmes.

The St John's Gymsports *Code of Behaviours* relates to, and is supported by St John's Gymsports Policies and Procedures including (but not limited to):

- St John's Gymsports Constitution
- Complaints Policy
- Safeguarding Policies and Procedures
- Health and Safety Policies and Procedures
- Gym Rules
- Mission Statement

## 1. Respect for Others

- Respect Coaches, Athletes, and Volunteers: Treat everyone with courtesy, kindness, and respect, both in and out of the gym.
- Inclusive Environment: Embrace diversity and create an environment free from discrimination, harassment, or bullying.
- Teamwork: Support fellow Coaches and Athletes in their growth and encourage positive team spirit.

## 2. Integrity and Honesty

- Fair Play: Compete with honesty and uphold the highest standards of integrity. Follow the rules and honor the spirit of Gymnastics.
- Accountability: Take responsibility for your actions and learning process, and be open to constructive feedback.

## 3. Safety and Safeguarding

- Physical Safety: Always practice safe behaviors, use equipment properly, and report any hazards or concerns immediately.
- Emotional and Mental Well-being: Promote a positive environment, free from negative influences that can harm mental health or emotional safety.
- Follow Safeguarding Policies and Procedures as outlined in our 'St John's Gymsports Safeguarding Policy' at all times.

#### **4. Commitment to Growth**

- Effort and Dedication: Strive for personal improvement, and set goals to challenge yourself while respecting your own limits.
- Continuous Learning: Be open to learning from Coaches, peers, and self-reflect to improve skills and techniques.

#### **5. Professionalism and Privacy**

- Punctuality and Attendance: Arrive on time for classes and events, and give your best effort in each session.
- Appropriate Conduct: Follow all gym rules and instructions from Coaches, ensuring a focused and respectful atmosphere during training.
- Privacy: Protect and respect the personal information of all members associated with St John's Gymsports, including Athletes, parents/guardians, Coaches and Volunteers; in compliance with our Policies and Procedures.

#### **6. Sportsmanship**

- Positive Attitude: Display a positive attitude both during practice and in Competition, regardless of outcome.
- Gracious in Success and Defeat: Celebrate achievements humbly and respect others in both victories and challenges.

#### **7. Responsibility to the Community**

- Be a Role Model: Demonstrate good character and act as a positive representative of the Gym at all times.
- Environmental Responsibility: Help maintain the Gym as a clean, organized, and welcoming space for everyone.