



MWGC

GENERAL GYMNAST CODE OF CONDUCT

The following points outline a few of the responsibilities for gymnasts participating in all MWGC programs.

1. You must be respectful and follow the instructions of your nominated coach at all times.
2. Never argue or be rude to any coach, manager, official or parent.
3. Your progress and enjoyment is a result of hard work, effort and dedication from both you and your coach. Honour that commitment.
4. You are to arrive 10 minutes early and be ready to start.
5. For your safety, you must not enter the gym or use any equipment at any other time.
6. Behave well, dress neatly and in appropriate clothing and remember you represent yourself and your club at all times.
7. Respect the rights, dignity and worth of fellow gymnasts, coaches, officials and spectators.
8. Do not tolerate or participate in any act of bullying or aggression.
9. Respect and appreciate the talent, potential and development of fellow gymnasts and competitors.
10. Care for and respect the equipment provided to you as part of your program.
11. Be frank and honest with your coach concerning illness and injury and your ability to participate fully within the program requirements.
12. If you have any problems at all talk to your coach or coordinator. They are also there for your general wellbeing.
13. Conduct yourself in a professional manner relating to language, temper and punctuality.
14. Maintain a high standard of self-respect at all times.
15. Abide by the rules and respect the decisions of officials, any complaints are to follow a formal process. During this process, all stakeholders must accept and respect the final decision.
16. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
17. Failure to comply with these guidelines may result in temporary removal from the floor or training.
18. MWGC reserves the right to "sit out" gymnasts who do not follow instructions or show disrespect to staff.
19. MWGC offers liberty to our staff when acting in the best interest of the gymnasts and the club. Their decisions must be respected.