

**Purpose:**

To guide the gymnasts at MLC Gymnastics Club on appropriate guidelines of behaviour, interaction, communication and training. This policy should be read in conjunction with Program policies

**Policy Definition**

This policy applies to all the gymnasts training in the MLC Gymnastics Club.

**Procedure**

**1. Etiquette for gymnasts – in general:**

- All gymnasts should show respect for all coaching staff and other Sport and PE staff. This involves listening, being courteous and respectful, and following instruction of staff, officials and administrators.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- The gymnasts must be respectful of all judges and coaches in competitions. Openly criticizing the officials is unacceptable.
- Gymnasts should show appreciation to other gymnasts, coaches, the competition director and anyone else who helped support them during the competition.
- Recognize that physical, sexual or verbal abuse, bullying, tormenting or ridicule is unacceptable behaviour by any student.
- Be a good sport. !! Applaud good work whether it is done by your fellow gym mates or other competitors.
- Treat all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another gymnast.

**2. Etiquette for Gymnasts – in training:-**

- Listen carefully. The coach is there to assist you!
- A positive ‘go for it’ attitude must be presented before stepping into the competition gym. Gymnasts should demonstrate a high work ethics and attempt all suggested exercises and not give up or becoming discouraged when unable to complete something.
- Gymnasts cannot be negative in their efforts in learning new skills. This will not only have a poor impact on learning, but will also affect other team-mates. This may involve discussing what they cannot do with team-mates, crying, and uncontrolled emotions.
- All gymnasts should be able to be supportive and sensitive to their team-mates and other members of the Gymnastics Program.
- Respect for the Club’s equipment is shown by taking care of the equipment and returning it to the appropriate place after use.
- In a competition the gymnast will always present properly to the judges, and then go immediately to the event coach.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.

**Requirements/Responsibilities**

It is the responsibility of the gymnasts in the MLC Gymnastics Club program to act in accordance with the above policies.

It is also the responsibilities of the parents to be aware of these policies and assist the staff and gymnasts to follow this.

### Staff Notes:-

- Under no circumstances should gymnasts be removed from training without consultation with direct manager and consultation with the parent. The athletes must be in the sight and care of the coaching staff at all times.
- Misbehavior should be dealt with in a positive proactive way. Little will be gained from punishment without explanation and understanding.
- Clear documentation of ongoing poor behaviour must be maintained.
- Inappropriate behaviour is different to gymnast mistakes. Mistakes are an expected part of training and learning new skills. They must be encouraged to take risks and understand that mistakes should be understood and corrected with the coaches' help. There must be no punishment associated with mistakes.
- Punishment is not to be dealt out to the athlete by the coach in the form of extra strength or conditioning. This is clearly against a positive coaching environment and can be counter-productive.
- Staff members are reminded to create a positive, healthy climate in which to learn. It is the responsibility of the coach to create this and develop this with their gymnasts.

### Squad Gymnast – Attendance at Training

- It is expected that Squad gymnasts attend 90% of training sessions, as a minimum.
- Non-attendance at training requires notification to the coach prior to the session. If missing a session due to School / other commitment then prior warning direct to the Gym Club can assist in adjustment of the gymnasts' training program to accommodate this.
- The Club has specific policies pertaining to training in the heat, travel, competitions, medical etc and the gymnasts are expected to be aware and follow these policies.
- If a gymnast is injured then attendance at training is still expected. There are often many areas that a gymnast can work on whilst avoiding the injured body part. In fact, there can often be significant gains made during an injury, and it can be an opportunity to develop / focus on weaknesses.

### Breaches

1. Should the behaviour of a gymnast be inappropriate then the coach will do the following:-
  - Explain to the gymnast the behaviour / actions that were in appropriate.
  - If necessary then "time away / time-out" \* from the activity may be necessary.
  - Ensure the gymnast understands that the behaviour that was inappropriate.
  - Allow the gymnast to return to training within a designated time frame.
  - Report the incident to your direct manager
  - In some cases this may also involve direct communication with the parent.
2. Should a reoccurrence of the behaviour happen then a verbal warning will be given. Upon this action, there should also be notification to the parent. (Either via e-mail or in person. This should outline:-
  - The behaviour that occurred.

- The response of the staff member.
  - The follow up management
  - Suggestions for the future? If necessary
3. Should a third incident of misbehavior occur then the gymnasts will be placed on a Behaviour Management Plan. This involves a meeting with parents and coaching staff. The discipline plan will be developed with the manager, coaching staff, athlete and parent.

\* This does not involve removal from the gym. The athletes must be in the sight and care of the coaching staff at all times.

### Confidentiality and Reporting

All incidents, documentation, and meetings are treated as strictly confidential, and are not discussed with parties who aren't directly involved.

Please refer to the MLC Gymnastics Club Privacy Policy for more information.

### Related Policies

Behaviour Management Plan  
 Gymnast Code of Conduct  
 Parent Code of Conduct  
 Competition Code of Conduct

### Further Information

If you would like further information, please write to the MLC Gymnastics Club at 207 Barkers Road, Kew 3101, or via facsimile on (03) 9274 8168 or via email

Gym Club Manager – Leslie Burrows – burrowla@mlc.vic.edu.au  
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