

## **CODE OF CONDUCT FOR GYMNASTS**

At Evoke, we believe that gymnastics should be a fun and rewarding experience for everyone. To create a safe and positive environment, we ask all gymnasts to follow this Code of Conduct.

### **GENERAL GUIDELINES**

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- Aim to be ready for your session 5 minutes before the start time so you feel prepared.
- Wear suitable clothing – leotards or shorts and t-shirts are ideal. Leggings are also fine if they don't restrict movement.
- Keep your hair tied back securely and remove any jewellery to stay safe.
- Let your coach know if you have any injuries before the session starts.
- Listen to your coach and follow their guidance – they're there to help you succeed.
- Stay positive and support your teammates – a kind word goes a long way.
- Take care of the gym's equipment and treat it with respect.
- Always have a bottle of water with you to stay hydrated.
- Keep food and gum out of the gym to maintain a clean and safe environment.
- If you need to leave the training area, check in with your coach first.
- At the end of the session, stay with your coach until your parent or guardian arrives.
- Keep mobile phones away during sessions to stay focused and present.

### **SPORTSMANSHIP AND BEHAVIOUR**

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- Treat other gymnasts, coaches, and officials with respect and kindness.
- Celebrate your achievements and those of your teammates.
- Accept feedback and use it to improve your skills.
- Show respect for judges' decisions during competitions.

### **HEALTH AND SAFETY**

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- Let a coach know if you feel unwell or injured during training.
- Follow safety instructions when using equipment.
- Report any hazards or unsafe behaviour to your coach immediately.

### **SOCIAL MEDIA AND COMMUNICATION**

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- Be mindful of what you post on social media.
- Keep comments positive and supportive.
- Avoid posting photos or videos of others without permission.