

DYNAMICS GYMNASTICS CODE OF CONDUCT FOR COACHES

Led and monitored by the Class Manager or Head Coach, **Dynamics Gymnastics coaches:**

Show professionalism by:

- Developing and maintaining an appropriate working relationship with gymnasts, parents and colleagues based on mutual trust, respect and equality.
- Demonstrating good time keeping inc. arriving promptly to help set up before the first class.
- Displaying consistently high standards of behaviour.
- Dressing according to the Dynamics Gymnastics dress code.
- Turning mobile phones off (except the Class Manager/Head Coach).
- Only consuming water in the gym.
- Coaching within competence and qualification.
- Recognising discipline issues and responding proportionately to the actions.
- Informing the Class Manager/Head Coach of any expected absence in advance.
- Updating and building on coaching knowledge as and when opportunities arise.
- Holding a current British Gymnastics CRB check if aged 14+.

Consider the well being and safety of participants and themselves by:

- Regularly visually risk assessing the facility, equipment and gymnastics activities.
- Adopting and teaching safe handling techniques when moving equipment.
- Checking the equipment and layout is safe before and during use inc. adequate landing areas.
- Reporting faulty equipment immediately to the Class Manager/Head Coach.
- Checking gymnasts are dressed according to the Dynamics Gymnastics dress code.
- Starting each class with a warm up relevant to the age and ability of the gymnasts.
- Setting activities and adjusting equipment to suit the gymnasts' age, size and ability.
- Coaching all gymnastics skills progressively breaking each skill down into stages.
- Adopting recognised techniques when supporting and spotting gymnasts.
- Considering their positioning so all group members can be seen.
- Reporting accidents/injuries immediately to the Class Manager/Head Coach.
- Ending each class with a cool down relevant to the age and ability of the gymnasts.
- Monitoring the safe dispersal of gymnasts by supervising the collection of gymnasts from the gym and/or facility door and supervising remaining gymnasts in the gym.
- Storing equipment safely after each session according to the facility storage system.
- Coaching trampolining and handling trampolines only under direction of a qualified coach.
- Avoiding being alone with a gymnast or group of gymnasts.
- Reporting all suspected incidents of abuse, discrimination or bullying to the Welfare Officer.

Maximise learning by:

- Informally planning enjoyable activities for their group to build on prior experience.
- Providing clear and adequate instructions before and during each activity.
- Motivating and encouraging gymnasts using positive feedback.
- Keeping gymnasts as active as possible during the class within the bounds of safety.
- Using the cool down as an opportunity to reinforce positive aspects of the session.

Minor breaches of this code should be brought to the attention of the Class Manager/Head Coach. Should anyone note a major breach of this code, concerns should be reported to our Welfare Officer Mark Clark in confidence on welfareofficer@dynamicsgymnastics.co.uk or 07889900561. In either case, disciplinary procedures will be implemented as necessary.