



## **Flyers Sports Academy**

### **Code of Conduct**



We have put together a code of conduct for Flyers. Please remember that all rules are made to ensure that we have a safe environment and one which our athletes can thrive in.

### **Attitude**

All Flyers athletes, coaches, staff and volunteers are expected to arrive at sessions with a friendly and positive attitude. Remember that the club exists for us all to learn new things, achieve new skills and grow as athletes & individuals. We therefore expect athletes (and coaches alike) to come to training ready to work hard & learn; and to be in possession of an attitude and ethos which supports this.

### **Clothing & attendance**

1. Athletes must dress appropriately for the activity taking place including:
  - A leotard is preferred and is the safest, most practical option for gymnastics and trampoline training. Alternately a close fitting t-shirt/top & leggings/shorts.
  - No Jewellery or watches may be worn...newly pierced ears must be taped before the session until they can be removed. Please note that this is done at the athletes own risk as taped piercings can still get ripped out and cause injury to the athlete.
  - Hair must be tied up and fringes clipped back.
  - Cheerleaders must wear cheerleading shoes or indoor trainers.
  - Trampolinists must wear socks or trampoline shoes
  - No hoodies or clothing with buttons/loose fabrics which can be caught on equipment
2. No OUTDOOR shoes may be worn in the gym
3. Please bring a water bottle to training with you. No fizzy or sugary drinks

4. No eating during training sessions. Athletes staying for more than 2 hours may bring a small snack with them. We recommend something which is easily digested and gives a sugar boost e.g. banana.
5. Socks must not be worn for gymnastics classes. If you have a foot infection, such as a verruca we recommend purchasing and wearing gymnastics shoes.
6. We recommend that teenage and pre-teen female athletes wear a sports bra with strong support if needed.
7. We encourage athletes to attend ALL training sessions as missing sessions slows down your progress.
8. Attendance for athletes on competitive squads and cheerleading teams is **COMPULSORY**. If you are unwell, unless you are hospitalised or highly contagious, we expect you to be at training so that you can at least observe and keep up to date with what is happening. Please refer to the appropriate squad season pack for more detailed information on this.

## **Behaviour**

1. Athletes must follow all instructions given by Flyers coaches, staff and volunteers/leaders.
2. Do not enter the gymnasium without a coach present.
3. Do not climb or go on, use or assemble any equipment unless instructed to do so by a coach.
4. Only perform and practice skills if you have been instructed to do so. Do not attempt to perform new skills that you have not learnt yet. New skills must be taught by and under the supervision of a coach.
5. Bullying, unkind behaviour and negative attitudes of any sort will not be tolerated. If you experience any issues in this regard, please report it to the Head Coach or Welfare officer immediately.
6. All athletes are expected to be respectful and courteous to others at all times when at training or taking part in club related activities, including: flyers staff, coaches, club volunteers, other athletes, parents, centre staff and members of the public. At competitions, this includes judges, other teams and their coaches/supporters.
7. During training do not distract other athletes or do anything which may cause a distraction/surprise in other athletes or interrupt their training e.g. making loud noises, running across training areas or around the gym, being silly.

8. When waiting for your turn, please make sure you wait sensibly in the area designated by your coach.
9. If you fail to behave appropriately, you will be asked to leave the gym. Persistent offending may lead to your membership being terminated.

### **Practicalities & Safeguarding**

1. Please ensure you arrive 5 minutes before the session starts and arrive to collect your child on time. If you are running late you must TEXT the head coach on 07917356266 to let them know. If you plan to share lifts with another parent, or if anyone else is likely to pick them up, you MUST inform us in advance. When sending another parent or adult to collect your child you must also take responsibility for ensuring that they pass on any important messages.
2. Athletes wishing to walk home or travel home independently must complete a permission form on our website. All other athletes must not leave the gym without their parents or guardians, this includes walking to the car park. Athletes must not leave the sports hall without prior permission.
3. Shoes and clothing must be left in the designated changing room or clothing areas.
4. Drinks must be left with clothes and not near the equipment. If you spill your drink clean it up, or ask a coach who can help you.
5. Athletes will not be allowed to go to the water fountain during training so please don't forget your bottle.
6. Please allow time to go to the toilet before sessions begin. If you have to go during training athletes must ask/inform a coach, and go in groups of at least 2. Anyone found messing around in the toilet will not be allowed to leave the gym during training.
7. No eating during sessions unless given a food break.
8. All rubbish must be thrown away.
9. If your child is unwell, particularly vomiting bugs, please wait at least 48 hours after symptoms subside before returning to training.
10. Parents are NOT allowed to stay in the gym during training. Not only do athletes work better this way, but it gets far too busy & chaotic in the gym which can become unsafe. Imagine having 30 strangers watching you as you attempt a yoga or fitness class. You are welcome to watch through the window of viewing gallery but please be aware that doing so can still be a distraction to your child and their coaches.

11. Parents MUST NOT FILM from the viewing areas. If you'd like to video or photograph your child on the equipment, please ask a member of staff and we will do our best to find you a time to do so.
12. Please do not bring any unnecessary valuables to training with you. Flyers does not accept responsibility for lost or stolen items brought to training.
13. Mobile phones must be left in your bag at all times and not used during training. If you wish to leave them in a safe place please ask a coach. Please note that this is at your own risk and we cannot accept responsibility for mobile phones. We advise leaving them at home if possible.
14. Please note that athletes must NOT film or stream live to social media sites at training unless given express permission from the head coach.
15. In the event that an accident or injury takes place, please make sure you inform your coach, no matter how small.
16. PHOTOGRAPHY: We love to see photos and videos of new skills, routines and training but ask that parents do not film or photograph during training sessions.

***Thank you for taking the time to read through this code of conduct, and for your cooperation in following the rules laid out within it. Flyers Sports Academy reserves the right to remove an athlete from their session if they do not follow the code of conduct. No refund will be given in the instance of this happening. Thank you for your cooperation and understanding.***