

GYMNASTS' CODE OF CONDUCT 2026

As a gymnast at Pure Gymnastics Club, you are expected to abide by the following code of conduct to ensure that everybody feels safe and enjoys their time with us.

Anyone failing to meet behaviour standards will be dealt with at the discretion of coaches at Pure Gymnastics Club.

- Be respectful at all times, regardless of ability, cultural background, religion, gender or any other protected characteristic.
- Be supportive of all fellow gymnasts, using positive, encouraging words and applause for demonstrations.
- Give your best effort possible on that day in class.
- Bring a positive approach to class and learning.
- Use social media (X, Instagram, Facebook, TikTok, etc.) positively and show support to fellow gymnasts.
- Do not follow, message or contact ANY coaches, volunteers or staff on social media (TikTok, Facebook, Instagram etc)
- Gymnasts can follow, like and positively comment on the Pure Gymnastics Club social media pages/posts, but **private messaging and conversations are prohibited**. Parents must be aware of all interactions with PGC's social media pages (ensuring follows, likes and positive comments on posts only - no messaging).
- Help create an inclusive and creative environment in class.
- Do not participate in bullying, discrimination or negative behaviour towards fellow gymnasts in class or through social media.
- Follow the class structure and respect the coaches and their decisions.
- Make every effort to arrive on time so you are in the gym club and ready at the allocated start time.
- Display consistently high standards of behaviour and use appropriate language during gymnastics club activities.
- Be dressed appropriately for class in comfortable clothing that you can move in, such as a leotard, gym shorts, leggings, relatively fitted tshirt (able to do rolls/handstand and tumbles) sports shorts. No skirts or dresses in class.
- Hair secured up and off face
- Follow the club's clothing and footwear guidance for your class.
- False nails - acrylic, gel, builder gel, stick on nails are advised not to be worn during gymnastics class as they can catch, break and cause injury.
- No jewellery is to be worn in class.
- Bullying or bullying behaviour will not be tolerated and will be dealt with in accordance with club procedures.
- Communication is key to ensuring each gymnast's safety and happiness within classes.

We encourage gymnasts to approach a coach at Pure Gymnastics Club with any concerns, worries or exciting developments within or outside of gymnastics classes.