

CODE OF CONDUCT

UPDATED JUNE 2026

For Participations Aged 18 and Under. (i.e. GYMNAST)

Bangor GC is fully committed to safeguarding and promoting the wellbeing of all our members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the welfare and safety of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with the welfare team or via the QR code which can be found on the safeguarding board in the parents waiting area.

As a member of BGC you are expected to abide by the following club rules:

- All members must participate within the rules, listen to and respect coaches, judges and their decisions
- All members must respect opponents and fellow club members
- Members should keep to agreed timings for training and competitions or inform their coach if they are going to be late
- Members must wear suitable attire for training and events as agreed with the coach. Keep all long hair tied back. Remove all body jewellery.
- To train and compete to the best of their ability.
- Listen to your coaches at all times as this will help you to stay safe.
- Members must not smoke, consume alcohol or take drugs of any kind whilst at training or representing the club at competitions or other events
- Members should treat all equipment with respect.
- Members must inform their coach of any injuries or illness they may have before the warm up begins. Any injuries that occur within the gym must be reported to a coach, at the time of injury and recorded on an accident form.
- To attend regularly and notify the club if a session will be missed.
- Members should not eat or chew gum during a session.
- Members must not use rude or inappropriate language
- Members should remain with coaches at the end of a session until collected by their parent or guardian.
- Do not ask your coach to be your social networking site friend – they will refuse as it would breach good practice and the BG Safeguarding and Protecting Children Policy
- No mobile phones permitted in the Gym, these must be put in a safe place while training. (the club accepts no responsibility for lost items)
- No filming or taking photos in the gym. Photos and Videos are only to be taken by Lead coaches, directors or Office Administrators.