

CODE OF CONDUCT

UPDATED JUNE 2026

For All Parents/Guardians and Adult Members (where applicable)

General

- Always encourage children partaking in club activities to learn the rules and abide by them.
- Always ensure that your child is dressed appropriately for the activity and has plenty to drink. (shorts/leggings and t-shirt or leotard – no dresses, skirts or jeans. No socks to be worn during the session).
- Always collect your child promptly at the end of a session. Children that are in primary school are NOT permitted to walk to cars and must be picked up from the railings.
- Never punish or belittle a child for poor performance or making mistakes.
- Good sportsmanship is always required toward coaches, directors, judges and other gymnasts and coaches from other gymnastics clubs.
- Never force your child to take part in sport.
- Support your child's involvement and help them to enjoy their sport and achieve their full potential. Where appropriate, the parent should consult the child and fully involve them in decisions that can have an effect on them.
- Respect the rights of others and remain courteous at all times. Parents are expected to use appropriate and polite language at all times. Aggressive or threatening behaviour towards any coach, official, employee or volunteer will not be tolerated.
- Bangor Gymnastics Club allows parents/guardians to stay during lesson times and to view the lesson in the dedicated viewing area. (Please ensure that you read and adhere to our Viewing Policy).
- Endeavour to establish good communication with the club for the benefit of all.
- Keep the club informed if you or your child are ill or unable to attend sessions.
- Members must pay any fees for training or events promptly.
- Parents and gymnasts are expected to respect the professional opinion and expertise of the gymnast's coach or coaches. Trust their experience and the processes behind their coaching.
- Never coach your child from the side-lines or undermine the coach of the session.
- Parents should discuss issues or concerns with their child's coach in the presence of either another coach or the club manager/director. Complaining to other parents is unacceptable (and ultimately ineffective) and constitutes a negative attitude. Please make prior arrangements if you wish to discuss any aspects of your child's progress through the lead coaches or club manager. A suitable time will be arranged in order to discuss with at least 2 coaches and/or directors present.

- Never use social networking sites to criticise or verbally abuse the club, its officers, officials, coaches, judges, and gymnasts in an inappropriate and unacceptable manner. (Please ensure that you read, and adhere to our Social Media Policy and British Gymnastics Guidelines)
- Ensure that you do not approach gymnasts or parents of members or members from another club with a view of convincing them to move to Bangor Gymnastics Club.
- Discourage and avoid challenging/arguing with officials. Publicly accept officials' judgements.
- Help your child and peers to recognise good performance, not just results.
- Do not enter the field of play at any competitions or such like events.
- Always behave appropriately and professional including when at external competitions and or other training venues.

Safeguarding and Gymnast information

- Share any concern or complaints about any aspect of the club through the approved/appropriate channels. Parents should be aware that they must report any concerns or incidents without delay. (Please see our Safeguarding Policy and Complaints and Grievance Policy)
- Parents of children under three years of age and of children who require assistance to use the toilet must remain with their child. We require parents of children aged 3-4 years remain nearby and contactable in case their child becomes distressed or requires assistance. Coaches will not be able to assist your child in using the toilets or dressing them.
- Parents should understand that some physical contact will be required from the coaches in order to aid the gymnasts in gaining new skills. 'Supporting' 'Shaping' and 'Spotting' are integral with the safe learning of gymnastics skills and involve the techniques of observation and handling, to ensure the safe performance of the skill. Only appropriate, non-invasive techniques will be used from our coaches. If a gymnast or parent has any concerns, they should be raised with the Club Safeguarding Team.
- Inform your child's coach of any injury or ailment which may affect your child's performance or safety in the gymnasium. If this is a long-term injury, good communication with the parent, the coach and any personal physiotherapists will ultimately aid in the child's speed of recovery.
- Advise the Office Administrators of any change of circumstances e.g. medical concerns, change of address or change in mobile phone numbers.
- Consent should always be sought from the subject/s of the information in order to share any information regarding Bangor Gymnastics Club. If consent is not sought from the subject/s of the information, then any matters regarding Bangor Gymnastics Club should be kept strictly confidential. However, it may be necessary for information to be shared with the Safeguarding Officer, Children's Social Care Services, the Police and/or BG without consent if there is reason to believe that seeking consent could place the child, adult, or others at increased risk of significant harm, or undermine the prevention, detection, or prosecution of a serious crime.

Safeguarding Officers

Bangor Gymnastics Club has a safeguarding team which consists of:

- Sarah Austin
- Anna Jackman
- Samantha James
- Catrin Jones
- Lisa Jones
- Melanie Roberts

Contact: swo.bgc@gmail.com

All concerns can be reported via the QR code which can be found in the parents' waiting area along with other contacts and all policies and procedures. Concerns can also be sent via email to the generic email address above.

Correspondence

All correspondence with Bangor Gymnastics Club will go through the club phones and emails and not to your child's personal coach. All correspondence will need to be during working hours only. Any correspondence received during non-working hours will be dealt with ASAP during the coach's next working day.

Club Email:	bangor.gymnastics@gmail.com
Club Manager:	samanthajames.bgc@gmail.com
Head of Gym For All:	sarahaustin.bgc@gmail.com
Head of Women's:	elliehill.bgc@gmail.com
Head of Men's:	jenmarquiss.bgc@gmail.com
Safeguarding:	swo.bgc@gmail.com

Agreement

I understand that further action will be considered by the Board of Directors if the Code of Conduct and/or other Bangor Gymnastics Club Policies and Guidelines are breached by any parents/guardians or adults in charge of members of the club.