

Phoenix High Flyers Gymnasts Code of Conduct

- I will try my best.
- I will show respect to coaches and other gymnasts.
- I will follow the instructions of my coach.
- I will always wear the correct attire leotard and shorts or t shirt and shorts, bounce socks or trampoline shoes / DMT Shoes.
- Long hair must be tied back.
- All jewellery must be removed prior to training.
- I will tell a coach or an adult if I have injured myself or feel unwell.
- I will tell a coach or adult if I am unhappy at gym.
- I will respect the clubs equipment.
- I will help my team mates by cheering them on, not criticizing them.
- I will use correct and proper language at all times.
- I will arrive on time for my lesson.
- I will inform a coach if I am leaving the room to use the toilet or for any other reason.
- I will not leave the building until the person collecting me has arrived. (Gymnasts who leave the building unaccompanied must have a consent form signed by their parent/guardian.)
- I shall check I have collected all my belongings before I leave the building.

Signature:.....Date.....