



LONDON SPORT ACADEMY

MEMBERS CODE OF CONDUCT

Gymnasts are expected to:

- Arrive on time
- Dress suitably for their class

Members Code of Conduct

- Follow the instructions of the coach at all times
- Only use equipment when instructed to do so by a coach.
- Members must participate within the rules and respect coaches, judges and their decisions.
- Members must respect opponents and fellow club members.
- Members should keep to agreed timings for training and competitions or inform admin, or if they are going to be late.
- Members must pay any fees for training or events promptly.
- Members must not smoke, consume alcohol or take drugs of any kind whilst representing the club at competitions or other events.
- Members must inform the head coach of any injuries or illness they may have before the warm- up begins.
- Members should not eat or chew gum during a session.
- Members must not use bad language.
- Members should remain with coaches at the end of a session until collected by their parent or guardian.

- Members must be a full member of the British Gymnastics Association, London Gymnastics Federation and LSA and hold valid insurance before participating in any classes.

The dress code is:

- training leotard, fitted shorts, fitted top (or professional Club uniform)
- all long hair should be tied back and off the face
- no jewellery is to be worn in the gym

Members will lose their place if they fail to:

- attend training sessions on a regular basis without good reason and notification
- arrive on time
- conform with the dress code
- pay fees by the specified date (by direct debit or in advance of each month if not using this service)
- maintain a good standard of behaviour at all times
- follow the instructions of the coach at all times

The centre has a responsibility for the safety of its staff and clients and will not tolerate any aggression towards staff. All disciplinary matters or complaints should be directed to the director or centre manager.

Additional Information:

Welfare Officer:

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British Gymnastics:

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