

St Bernadette's Gymnastics Behaviour Contract

St Bernadette's Gymnastic Club encourages good behaviour through a mixture of high expectations, clear policy and an ethos which fosters discipline and mutual respect between Gymnasts and between Gymnasts and Coaches .

This contract outlines the behaviour expected of Gymnasts at St Bernadette's Gym Club. Gymnasts attending St Bernadette's will be given positive guidance from both Coaches and Parents, directed towards promoting appropriate behaviour. At St Bernadette's, Gymnasts are expected to display appropriate behaviour at all times. Gymnasts are encouraged to accept responsibility for their own behaviour and performance in training and in competition.

By signing this, Gymnasts agree to the following guidelines:

- Gymnasts will be supportive and sensitive to all other gymnasts.
- Gymnasts will show respect for all coaches. This involves listening, being courteous and respectful and following instructions.
- Gymnasts will respect the rights, dignity and worth of every young person regardless of their age, gender, ability, cultural background, religion or popularity.
- No Gymnast may harm any other gymnasts or coaches/adults either physically or verbally.
- No Gymnasts may seriously disrupt gym sessions/training or wilfully destroy or misuse equipment.
- Gymnasts will report any incidents of inappropriate behaviour.

It is the responsibility of the Gymnasts in the St Bernadette's Gymnastics Club programme to act in accordance with the above guidelines. It is also the responsibility of parents to be aware of these guidelines and assist gymnasts and coaches to follow this.

Should the behaviour of a Gymnast be inappropriate, then the Gymnast's parents/caregivers and coaches should agree on a plan for promoting appropriate behaviour. This plan might include:

1. Requesting participation from parents/caregivers during gym sessions/training.
2. Formal verbal warning in consultation with parents/caregivers.
3. Written warning in consultation with parents/caregivers/committee.
4. Removal from training sessions and competition involvement.
5. Where there are 3 or more incidents, the gymnast may be advised to seek another programme outside of the club.

In such instances The Gym club will implement the agreed Behaviour contract consistently and fairly in line with the agreed guidelines.

Gymnasts signature _____ Date _____

Parent/Caregiver signature _____ Date _____