



Brackley Gymnastics School

Gymnasts Code of Conduct

Version	Date	Authorised by	Changes made
V1	16/03/2026	Natalie Baker – Club Director	Launch

Policy Relationship Statement

This policy forms part of the safeguarding and operational framework used by Brackley Gymnastics School.

These policies apply to members, parents, carers, visitors, and other participants involved in Brackley Gymnastics School activities. Where relevant, the policies listed below should be read together to support safeguarding, welfare, and the safe and respectful operation of the club.

Linked Documents List

Brackley Gymnastics School – Photography & Filming Policy
Brackley Gymnastics School – Whistleblowing Policy
Brackley Gymnastics School – Complaints Policy (Members & Visitors)
Brackley Gymnastics School – Anti-Bullying & Harassment Policy
Brackley Gymnastics School – Parents, Carers & Guests Code of Conduct
Brackley Gymnastics School – Child Protection Policy
Brackley Gymnastics School – Safeguarding Adults at Risk Policy
Brackley Gymnastics School – Safer Recruitment Policy
Brackley Gymnastics School – Equality, Diversity & Inclusion Policy
Brackley Gymnastics School – Privacy Notice & Data Protection Statement

1. Purpose

This Code of Conduct sets out the expected standards of behaviour for all gymnasts participating in activities organised by Brackley Gymnastics School (BGS).

The Code helps ensure that training takes place in a safe, respectful, and supportive environment where all participants can learn, develop, and enjoy gymnastics.

All gymnasts are expected to follow this Code during training sessions, events, competitions, and any activity connected with Brackley Gymnastics School.

2. Scope

This Code of Conduct applies to all gymnasts participating in Brackley Gymnastics School activities.

It applies during:

- training sessions



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- competitions, displays, or events
- activities organised by Brackley Gymnastics School
- behaviour connected to the club, including online conduct where it affects the safety, wellbeing, or reputation of the club

3. Respect and Behaviour

All gymnasts are expected to behave respectfully and help create a positive training environment.

Gymnasts must:

- Treat coaches, volunteers, and other gymnasts with respect.
- Listen carefully and follow instructions given by coaches.
- Allow others space to train safely and use equipment responsibly.
- Speak politely and behave appropriately during training sessions and club activities.
- Report bullying, unsafe behaviour, or concerns to a coach, the Welfare Officer, or a trusted adult.

Bullying, harassment, or behaviour intended to upset or harm others is not acceptable at Brackley Gymnastics School.

Gymnasts are expected to represent Brackley Gymnastics School positively at all times.

4. Safety and Participation Rules

These rules help keep everyone safe during training.

Stay within designated areas

Gymnasts must remain within the main gymnastics hall and designated internal areas during sessions.

Gymnasts must not leave the building or access external exits during a session.

If a gymnast needs to use the toilet, they must ask a coach first. Gymnasts using the toilet independently may only use the designated toilet facilities that are directly connected to and accessed from within the gymnastics hall.

These facilities are within the operational area used by Brackley Gymnastics School. Other toilets within the building are part of a mixed-use facility and fall outside the supervision scope of BGS activities.

If a parent or carer is present and chooses to accompany their child, they may take them to other toilet facilities within the building. These facilities are outside the operational supervision area of Brackley Gymnastics School.

Coaches supervise activities within the training space only. Due to safeguarding and privacy requirements, staff cannot accompany gymnasts into toilet facilities.

Gymnasts must return directly to the training area after using the designated facilities.

Follow Safe Training Practices

- Always take part in the warm-up before beginning activities.
- Listen carefully to coaching instructions and follow all safety guidance.
- Wait your turn and only use equipment when instructed by a coach.



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- Walk carefully around the gym and avoid running between apparatus.
- Never run across the vault run-up or landing area unless instructed by a coach.
- Tell a coach immediately if you feel unwell, dizzy, or injured.

Appropriate Clothing and Personal Items

- Wear suitable training clothing and ensure long hair is tied back.
- Remove jewellery before training begins.
- Store bags, shoes, coats, and water bottles in the designated storage area within the hall during sessions.

Failure to follow safety rules may result in a gymnast being asked to stop the activity until it is safe to continue.

5. Behaviour and Responsibility

Gymnasts are expected to take responsibility for their behaviour and contribute to a safe and respectful training environment.

Gymnasts should:

- Follow their coach's instructions during training activities.
- Speak calmly and respectfully to coaches, volunteers, and other gymnasts.
- If they feel upset, frustrated, or unsure, speak with their coach so they can help and provide support.
- Look after their personal belongings and help keep the gym environment tidy.
- Inform a coach immediately if something is broken, damaged, or spilled so it can be dealt with safely.

Unsafe, disrespectful, or disruptive behaviour may result in a gymnast being asked to pause their activity, speak with a coach, or take time away from the session. Repeated or serious behaviour concerns may lead to further action in line with the club's conduct procedures.

6. Health, Pain and Body Awareness

Gymnastics training develops strength, flexibility, coordination, and control. Warm-ups and stretching activities are an essential part of safe participation in gymnastics and take place in every session.

Stretching can sometimes feel unfamiliar or slightly uncomfortable, particularly for younger gymnasts who are new to these activities or when the body is growing and adapting. This sensation can be a normal part of flexibility training as muscles safely lengthen and develop.

However, stretching should never cause sharp, sudden, or lasting pain.

Gymnasts must always tell a coach immediately if something feels painful, wrong, or worrying. Coaches will stop or adjust activities where necessary to ensure training remains safe.

Stretching activities are introduced progressively and are adapted to the gymnast's age, ability, and stage of development. Gymnasts are never forced into positions, and activities are adjusted where necessary to maintain safety and wellbeing.

Gymnasts are encouraged to manage the intensity of a stretch where appropriate. If a stretch feels too strong, gymnasts may independently reduce the intensity while continuing the activity safely. For



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example, during split stretches a gymnast may place their hands on the floor or on supportive blocks to raise their body slightly while maintaining correct alignment.

Coaches may guide gymnasts in maintaining correct body alignment and safe technique during stretching activities but will not apply pressure to increase the depth of a stretch.

Paired or partner stretching activities may occasionally be used during training. These activities are always directed and supervised by a qualified coach and must be carried out carefully and cooperatively. Gymnasts must never push or force a partner into a stretch. Any gymnast may decline to take part in paired stretching activities. Where this happens, an alternative stretching activity will be provided.

Clear communication must always be used during any partner activity. If a gymnast feels uncomfortable or wishes to stop, they must signal immediately and the stretch must end straight away.

Gymnasts are encouraged to communicate openly with coaches about how their body feels during training. Coaches will help gymnasts understand the difference between normal stretching sensations and pain that requires stopping.

Parents or carers remain responsible for medical decisions and seeking professional medical advice where injury or ongoing pain occurs.

7. BGS Body Awareness Scale

BGS Body Awareness Scale			
Pain Level	How It Feels	What It Means	Action
0	No discomfort.	The body feels comfortable and ready for activity.	Continue the activity with good control and technique.
1-2	Light stretch sensation, mild stiffness, or gentle muscle effort.	Muscles are working or stretching safely as part of training.	Continue the activity with good control and technique.
3	Noticeable stretch or muscle effort that feels stronger but still manageable.	The body is working but remains within a safe training range.	Continue carefully and inform the coach if the sensation increases.
4-5	Clear soreness or discomfort that feels stronger than a normal stretch.	The body may be tired or the activity may be too intense.	Stop the activity and tell the coach immediately. The activity will be adjusted or stopped. The gymnast may be asked to rest or stop training for the session, and a parent or carer may be informed if needed.



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6-7	Strong pain, sharp discomfort, or pain that continues after stopping.	This may indicate a strain or injury.	Stop immediately and inform the coach. The gymnast should stop training for the session and a parent or carer will be informed. Medical advice may be recommended before returning to activity.
8-10	Sharp, strong, or shooting pain, or pain that continues after stopping.	A significant injury may have occurred.	Stop immediately. Coaches will follow first aid and emergency procedures. Parents or carers will be contacted and the gymnast may need to leave the session to seek appropriate medical care. Emergency medical assistance may be sought if required.
<p>This scale is used to help gymnasts communicate how their body feels during activity. Gymnasts should normally remain within levels 0–3 during stretching activities. Any discomfort at level 4 or above must be reported immediately so the activity can be stopped or adjusted.</p>			

8. Training Foundations

At Brackley Gymnastics School, all gymnasts regularly practise fundamental skills and basic movements. Returning to these core elements helps build strength, improve control, and maintain safe technique.

Warm-ups and stretching activities are mandatory in every session because they prepare the body for training and help reduce the risk of injury.

As gymnasts grow and develop, they may sometimes feel tighter or less flexible. This can be a normal part of physical development. Continuing to practise basic movements, stretching safely, and training with good technique helps maintain flexibility and control.

Developing strong fundamentals supports safe progression in gymnastics and helps gymnasts build confidence, strength, and consistency over time.

9. What Happens if Rules Are Not Followed

Brackley Gymnastics School aims to maintain a positive and supportive training environment for everyone. If rules are not followed, coaches will work with the gymnast to help them understand what needs to change so that training can continue safely and respectfully.

Where appropriate, the following steps may be used:

Reminder

The coach will explain the rule and what needs to change so that training can continue safely.

Time Out

The gymnast may be asked to pause the activity or sit out briefly to discuss the situation with a coach.



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Parent or Carer Discussion

If the behaviour continues, coaches may speak with the gymnast's parent or carer to agree how to support positive behaviour during sessions.

Temporary Suspension

Serious or repeated unsafe behaviour may result in a gymnast being asked to miss sessions for a period of time while the situation is addressed.

Ending Membership

In rare situations where behaviour continues to place others at risk or seriously disrupts the safe running of sessions, membership of the club may be ended.

10. Participation and Commitment

Gymnasts are encouraged to attend sessions regularly and take part in training to the best of their ability on the day. Consistent participation helps gymnasts develop skills safely and make steady progress over time.

Gymnasts should:

- Arrive on time and ready to take part in the session.
- Participate in activities and listen to coaching guidance during training.
- Let their coach know if they cannot attend a session where possible.
- Respect their own progress and celebrate the progress of others.

Coaches understand that gymnasts may sometimes feel tired, frustrated, or less confident on certain days. What matters most is that gymnasts continue to engage with training, communicate with their coach, and take part safely.

Progression within Brackley Gymnastics School is based on a combination of skill development, physical readiness, and consistent participation in training. Regular attendance is important because gymnasts need sufficient time in training to safely develop the strength, coordination, and technique required for the next stage of progression.

Where sessions are frequently missed, coaches may not be able to accurately assess a gymnast's readiness for progression or placement in development groups. In these circumstances, progression or group changes may be delayed until the gymnast has had sufficient training time to demonstrate the required skills safely.

11. Sportsmanship

Brackley Gymnastics School encourages gymnasts to focus on personal progress and positive participation rather than comparison with others. Gymnastics development is individual, and improvement happens at different speeds for different people.

Gymnasts representing BGS at training, competitions, displays, or events are expected to demonstrate respectful behaviour at all times.

Gymnasts should:



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- Show respect to judges, coaches, volunteers, gymnasts, and spectators.
- Approach performances and activities with a positive attitude and willingness to learn.
- Encourage teammates and recognise the efforts and achievements of others.
- Accept results, feedback, and outcomes respectfully.
- Represent Brackley Gymnastics School in a positive and respectful manner during all club-related activities.

Sportsmanship helps create a supportive environment where gymnasts can develop confidence, resilience, and respect for others.

12. GRIT Awards and Positive Recognition

At Brackley Gymnastics School, we recognise not only skill development but also the attitudes and behaviours that support positive training.

GRIT Awards celebrate gymnasts who demonstrate determination, perseverance, and positive behaviour during training.

GRIT represents the values we encourage all gymnasts to develop:

G – Growth

Always learning and improving.

R – Resilience

Continuing to try and learn from challenges.

I – Inspiration

Encouraging yourself and others to believe in what is possible.

T – Tenacity

Showing determination and continuing to work towards goals.

These awards recognise effort, behaviour, and attitude as well as skill development. Gymnasts may receive GRIT recognition throughout the year when they demonstrate these values in training and club activities.

13. Positive Choices

Brackley Gymnastics School encourages all gymnasts to make safe, respectful, and responsible choices both during club activities and in situations connected with the club.

Gymnasts should behave in a way that protects their own wellbeing, the safety of others, and the positive environment of the club.

Behaviour that may harm yourself, others, or the safe operation of the club is not permitted. This includes unsafe actions, behaviour that places others at risk, or conduct that seriously disrupts training sessions.

Where behaviour raises safeguarding concerns or involves illegal activity, Brackley Gymnastics School will respond in line with its safeguarding and welfare policies.



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14. Digital Conduct

Gymnasts should use online platforms and digital communication in a safe, respectful, and responsible way.

When using social media or online platforms connected with the club, gymnasts should:

- Be respectful when communicating about coaches, gymnasts, volunteers, and the club.
- Never post or share hurtful, inappropriate, or private information about others.
- Avoid sharing content that could upset, embarrass, or harm another person.
- Follow the club's rules regarding photography, filming, and the sharing of images.

Photos or videos during training sessions or club activities may only be taken where permission has been given and in line with the Brackley Gymnastics School Photography & Filming Policy.

Online behaviour that affects the safety, wellbeing, or reputation of the club may be addressed in line with the club's safeguarding and conduct procedures.

15. Safeguarding and Welfare

Brackley Gymnastics School is committed to providing a safe, supportive, and respectful environment where all gymnasts can take part in activities with confidence.

Gymnasts should always feel able to speak to a trusted adult if they are worried, upset, or feel unsafe at any time.

If a gymnast has a concern, they can speak to:

- Their coach
- The Brackley Gymnastics School Welfare Officer – Sharni Hughes (bgs.welfare@gmail.com)
- Their parent, carer, or another trusted adult

All concerns will be taken seriously and handled in line with the club's safeguarding policies and procedures.

Gymnasts are encouraged to speak up if something does not feel right. Sharing concerns helps the club keep everyone safe and supported.

15. Policy Conclusion

By participating in Brackley Gymnastics School activities, members, parents, carers, visitors, and external providers agree to comply with this policy in full.

Brackley Gymnastics School leadership will monitor compliance with this policy and take appropriate action where behaviour or actions place the safety, privacy, welfare, or respectful operation of the club at risk.

16. Review

This policy will be reviewed at least annually, or sooner if required by changes in legislation, safeguarding guidance, governing-body standards, or Brackley Gymnastics School operational practice.