



## Brackley Gymnastics School

### Parents, Carers & Guests Code of Conduct

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

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#### 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.

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#### Linked Documents List

Brackley Gymnastics School – Gymnasts’ Code of Conduct  
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 – 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

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#### 1. Purpose

This Code of Conduct sets out the expectations for parents, carers, and guests attending activities delivered by Brackley Gymnastics School (BGS).

The purpose of this Code is to help maintain a safe, respectful, and positive environment where all gymnasts can learn, develop, and participate in gymnastics with confidence.

Parents, carers, and guests play an important role in supporting the wellbeing, development, and enjoyment of every child participating in the club.

This Code explains the standards of behaviour expected when attending training sessions, events, competitions, or other activities connected with Brackley Gymnastics School.

By bringing a child to training or attending club activities, parents, carers, and guests agree to support the club’s values, follow reasonable instructions given by coaches or authorised staff, and help maintain a safe and respectful environment for everyone involved.



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This Code works alongside the club's safeguarding, welfare, and operational policies to ensure that the safety and wellbeing of gymnasts always remains the priority.

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#### **2. Who This Code Applies To**

This Code of Conduct applies to all parents, carers, family members, and guests who attend Brackley Gymnastics School sessions, activities, events, or competitions.

It applies whenever individuals are present within the training environment, spectator areas, waiting areas, entrances, exits, or any other part of a venue being used by Brackley Gymnastics School.

This Code also applies to behaviour that takes place in connection with the club outside the immediate training environment, including communication with staff, volunteers, gymnasts, or other families where the behaviour may affect the welfare of participants or the safe operation of the club.

Parents, carers, and guests are expected to act in a respectful and responsible manner at all times and to support the safe and positive environment that Brackley Gymnastics School works to maintain for all gymnasts.

Where parents or carers invite additional guests to attend sessions or events, they remain responsible for ensuring those guests understand and follow this Code of Conduct.

Failure to follow this Code may result in staff reminding individuals of the club's expectations or taking further action where necessary to protect the safety, wellbeing, and positive operation of the club.

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#### **3. Safeguarding & Welfare**

Brackley Gymnastics School is committed to providing a safe, supportive, and respectful environment for all gymnasts.

The safety and wellbeing of children always takes priority over all other considerations.

Any concerns relating to a child's welfare, safety, distress, injury, or potential abuse must be reported immediately to the Brackley Gymnastics School Welfare Officer:

Sharni Hughes

bgs.welfare@gmail.com

Parents, carers, and guests must never dismiss or ignore a safeguarding concern or disclosure. All concerns will be handled in accordance with Brackley Gymnastics School safeguarding procedures and relevant safeguarding guidance.

Parents and carers must share any relevant medical, behavioural, educational, or safeguarding information that could affect their child's participation in gymnastics.

By bringing a child to training, parents and carers confirm that their child is fit to take part in gymnastics activities unless the club has been informed otherwise.

Any injuries, medical conditions, or prescribed medications must be disclosed confidentially so that coaches can manage activities safely and appropriately.

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#### 4. Understanding Pain, Safety and Body Awareness

Brackley Gymnastics School promotes safe and progressive physical development through age-appropriate training methods.

As gymnasts build strength, flexibility, and coordination, it is normal to experience mild muscle ache or stiffness following training as the body adapts to physical activity.

However, sharp, sudden, or persistent pain is not normal and must always be reported immediately to coaching staff.

Parents and carers should encourage children to communicate openly about how their body feels during training and must never encourage a child to continue an activity where pain, discomfort, or injury may be present.

Coaches will always adjust, modify, or stop an activity where necessary to protect a gymnast's wellbeing.

Where concerns remain, parents or carers may be advised to seek medical advice before the gymnast returns to training.

Some flexibility activities may involve partner-assisted stretching under the direct supervision of a qualified coach. These activities are carefully supervised and carried out with clear communication between participants.

Gymnasts are taught a simple tap-out signal (tapping the floor) to indicate that they wish to stop or come out of a stretch, along with clear verbal cues such as "stop". These signals must always be respected immediately.

Every gymnast demonstrates the tap-out procedure before taking part in partner flexibility work so that all participants understand how to act safely and respectfully.

This approach reflects recognised coaching and safeguarding guidance which requires flexibility and conditioning activities to be carried out safely, with clear communication, consent, and respect for body awareness.

#### 5. 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	Muscles are working or stretching safely as part of training.	Continue the activity with good control and technique.



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	stiffness, or gentle muscle effort.		
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.
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>			

## 6. Respect

Brackley Gymnastics School is proud of the positive and supportive culture that currently exists within the club. Many parents, carers, and families actively celebrate the progress, effort, and achievements of the gymnasts, helping to create an encouraging and motivating environment for everyone involved.

Positive encouragement such as cheering, clapping, and supportive conversation is welcomed and helps gymnasts feel confident and proud of their efforts.

All parents, carers, and guests are expected to behave respectfully toward gymnasts, coaches, volunteers, staff, and other families.

Respectful behaviour helps ensure that the training environment remains safe, focused, and welcoming for all participants.



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#### **7. Boundaries**

To maintain a safe and well-managed training environment, clear physical boundaries must be respected within the venue.

Parents, carers, and guests must not enter the gymnastics training area, step onto mats, or use equipment unless they have been clearly invited to do so by a coach or authorised member of staff.

From time to time, a coach may invite a parent or carer onto the training area for a specific purpose, such as assisting a younger child or supporting a particular activity.

Any such invitation applies only to that specific situation and does not create an ongoing permission or expectation that access will be granted at future sessions.

Parents, carers, and guests must follow any instructions given by staff regarding movement within the venue in order to maintain a safe and organised environment.

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#### **8. Behaviour Expectations**

Parents, carers, and guests play an important role in helping maintain a calm and focused training environment.

All individuals attending sessions are expected to behave in a manner that supports the safe and positive running of activities.

Parents, carers, and guests should avoid calling out to gymnasts, distracting participants, or interrupting coaching activities during sessions.

Gymnasts are encouraged to focus on instructions provided by their coach so that they can develop skills safely and confidently.

Where parents or carers wish to encourage their child, this should be done in a supportive and positive manner without disrupting the training environment.

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#### **9. Respecting the Coaching Environment**

Coaches are responsible for the planning, delivery, and safe management of all gymnastics activities.

Parents, carers, and guests must not coach, instruct, or attempt to direct gymnasts from the spectator area.

Instructions given by coaches are part of a structured training programme designed to support safe skill development.

Allowing gymnasts to listen directly to their coach helps ensure consistency, safety, and effective learning within the training environment.

Parents and carers are encouraged to support the coaching process by allowing gymnasts to follow the guidance of their coach during sessions.

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#### **10. Understanding the Learning Process**

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Gymnastics is a progressive sport that requires time, patience, and repeated practice in order to develop skills safely and effectively.

When gymnasts are new to the sport, or when they begin learning new skills, it may take time for them to become familiar with the structure of the training environment, including how to follow instructions, rotate between activities, and remember sequences within circuits.

This learning process forms an important part of a gymnast's development.

Coaches also take time to learn about each gymnast, including how they respond to coaching, how they learn best, and what support they may need in order to progress safely.

Parents and carers are encouraged to support this process by recognising that skill development and confidence grow gradually through consistent practice, communication, and patience.

Brackley Gymnastics School encourages open and respectful communication between coaches, gymnasts, and parents to support each child's development.

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### 11. Communication During Sessions

Training sessions are carefully structured to ensure that gymnasts can focus on their activities and coaches can safely supervise the group.

For this reason, session time is not an appropriate time to discuss training matters, programme decisions, or other non-urgent topics with coaches.

If parents or carers wish to raise questions, feedback, or concerns relating to training, these should be communicated in writing via the club email:

**[brackleygymnastics@gmail.com](mailto:brackleygymnastics@gmail.com)**

Where concerns relate specifically to safeguarding or welfare matters, individuals may contact the Welfare Officer directly using the contact details provided within the club's safeguarding policies.

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### 12. Maintaining Clear Walkways and Safe Spaces

To support a safe training environment, all walkways and access routes within the venue must remain clear at all times.

Brackley Gymnastics School provides a designated storage shelf within the main hall for personal belongings.

Parents, carers, and gymnasts should ensure that all items such as bags, coats, shoes, water bottles, and other belongings are placed on the storage shelf during sessions.

Items must not be left on the floor, within walkways, or in areas where they could create a hazard or obstruct movement.

Maintaining clear walkways helps reduce the risk of trips, falls, and disruption to the safe operation of training activities.

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### 13. Supporting a Positive Environment



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Brackley Gymnastics School works to maintain a welcoming, respectful, and encouraging atmosphere for all participants.

Parents, carers, and guests are encouraged to support the positive culture of the club by celebrating effort, progress, and achievement.

Encouragement such as clapping, cheering, and positive comments can help gymnasts feel supported and motivated.

At the same time, all individuals attending sessions must ensure that their behaviour remains respectful and does not disrupt the training environment or distract participants.

#### **Safety During Accidents or Injuries**

If a gymnast has an accident or injury during a session, coaches will carry out an initial safety assessment before the gymnast leaves the training area. Parents and carers are kindly asked not to call or encourage their child to leave the floor during this short assessment period. This helps ensure that any potential injuries, particularly head injuries or falls, are checked safely before the gymnast moves.

We understand that parents naturally want to reassure their child, and where appropriate a coach may invite a parent or carer to assist once the initial assessment has been completed.

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#### **14. Following Staff Instructions**

Coaches and authorised staff are responsible for the safe and effective operation of training sessions. Parents, carers, and guests must follow reasonable instructions provided by coaches or staff in relation to safety, supervision, venue use, or session management.

Where staff request that individuals move to a designated area, adjust behaviour, or follow a safety instruction, these directions must be respected.

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#### **15. Respectful Communication and Constructive Feedback**

Brackley Gymnastics School values open and respectful communication with parents and carers.

Where concerns or feedback arise, parents and carers are encouraged to communicate directly with the club using appropriate channels so that matters can be addressed constructively.

Public criticism, negative commentary, or behaviour that may unfairly damage the reputation of the club, its coaches, volunteers, or members is not consistent with the respectful environment that Brackley Gymnastics School seeks to maintain.

Parents and carers who feel that the club does not meet their expectations are free to withdraw their child's participation at any time.

Membership within Brackley Gymnastics School is voluntary, and continued participation requires that families support the respectful and constructive environment that the club works to maintain.



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#### **16. Spectator Area**

Parents, carers, and guests are provided with a designated seating area from which sessions may be observed.

All spectators must remain within this designated seating area while sessions are taking place.

Spectators must not move around the hall or observe sessions from other areas of the venue.

This includes areas such as connecting rooms, bar areas, kitchen areas, service counters, or other restricted parts of the facility.

These areas form part of the wider venue and must remain clear to ensure the safe and appropriate operation of both the gymnastics session and the venue.

Staff may ask individuals to return to the designated seating area if they are observing from an unauthorised location.

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#### **17. Health, Safety and Conduct**

To maintain a safe and appropriate environment for children and families attending the club, certain conduct rules apply within the venue.

Smoking or vaping must take place well away from entrance doors, building access points, and visible club activity areas.

Brackley Gymnastics School operates a zero-tolerance approach to the possession, use, or influence of illegal substances during club activities.

This applies to gymnasts, parents, carers, coaches, staff, volunteers, and guests.

Any breach may result in immediate removal from the premises and may lead to suspension or termination of membership or engagement in line with safeguarding and welfare responsibilities.

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#### **18. Escalation and Action**

Where individuals fail to follow this Code of Conduct, staff may remind them of the expectations outlined within this policy.

Where behaviour continues or where actions compromise the safety, wellbeing, or respectful operation of the club, Brackley Gymnastics School may take further action.

This may include asking individuals to leave the venue, restricting attendance at sessions, or withdrawing membership where appropriate.

These measures are intended to protect the safety and wellbeing of gymnasts and maintain the positive environment expected within Brackley Gymnastics School.

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#### **19. Policy Conclusion**

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

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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.

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#### **20. 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.