

## 2: CODE OF CONDUCT FOR YOUNG GYMNASTS

Irish Gymnastics recognises the important role that young people play in our organisation. Every young gymnast should be encouraged to realise that they also have responsibilities to treat others with fairness and respect. Each Club should provide the Code of Conduct to young members.

A key element in a Coach relationship is the development of independence. Gymnasts must be encouraged to accept responsibility for their own behaviour and performance in training, in competition and in their social life. Coaches must not encourage performers to violate the rules of their competition, and should actively seek to discourage such action. Coaches should encourage gymnasts to obey the spirit of FAIR PLAY.

Young Gymnasts should undertake to:

- *Participate fairly, do their best and enjoy themselves*
- *Represent themselves, their family and Club with pride and dignity*
- *Shake hands before and after events/competition irrespective of the result or performance*
- *Respect Officials and accept their decisions gracefully*
- *Respect fellow team members giving them support whether they do well or not so well*
- *Respect opponents and be modest in victory and gracious in defeat*
- *Improve and develop their skills*
- *Set high standards of FAIR PLAY for others to follow*
- *Adhere to proper standards of behaviour that avoids bringing Irish Gymnastics into disrepute*
- *Let the Coach know when you are unavailable for training and competition*
- *Approach the Club Children's Officer with any concerns or questions you may have*

Young Gymnasts should not:

- *Cheat - always participate by the rules*
- *Use abusive language*
- *Shout at or argue with an official*
- *Spread rumours*
- *Bully or use bullying tactics to isolate another young person*
- *Tell lies about adults or other young people*
- *Take banned substances*
- *Harm team members, opponents or their property*

Young people are entitled to:

- *Be safe and to feel safe*
- *Be happy, have fun and experience a sense of enjoyment and fulfilment.*
- *Be treated with respect and dignity*
- *Comment and make suggestions in a constructive manner*
- *Be afforded appropriate confidentiality*
- *Make a complaint appropriately and be listened to*
- *Be believed.*
- *Experience competition at a level at which they feel comfortable*
- *Get help against bullies*
- *Say No*
- *To protect their own bodies*



IRISH GYMNASTICS LTD

CODE OF ETHICS & GOOD PRACTICE  
FOR YOUTH SPORT IN IRISH GYMNASTICS

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I confirm that I have read the Code of Conduct and agree to abide by its contents.

**Signature** \_\_\_\_\_ **Club** \_\_\_\_\_

**Print Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature** \_\_\_\_\_  
(parent/guardian)

**Print Name** \_\_\_\_\_ **Date** \_\_\_\_\_