



Trampolining Gymnasts Code of Conduct Updated Nov 2021

1.0 The Gymnasts must ALWAYS

- Pay attention to the person on the trampoline, between turns. This may be to learn from their coaching points or to be an active spotter
- Pay attention to the instructions of any coach at all times
- Stay by their trampoline and be ready for their turn to avoid wasting precious trampoline time
- ensure any mobile phones are kept with their belongings and are not used during the class

2.0 For the safety of the Gymnasts, all children should follow these rules. Gymnast must NOT

- run in the gym
- go onto the equipment without coach permission
- play in or near the partitioning curtain
- jump on the safety mats around the trampolines
- go underneath a trampoline
- attempt new skills without their coach's permission
- attempt to move or adjust the equipment without supervision
- use equipment without a spotter present
- shout across the gym to anybody, especially those bouncing and coaches, as it distracts and may cause accidents
- leave the gym without permission from their coach

There are inherent dangers in trampolining, and it is our responsibility to keep the children safe at all times. Therefore, any inappropriate behaviour will be reported fully to parents/guardians as it may be putting others or themselves at risk of injury

In addition, please read Stortford Gymnastics Terms and Conditions (attached) which provides additional information for parents about appropriate gym wear and dropping off procedures.

All members of Stortford Gymnastics must abide by these rules