



**East Kilbride Gymnastics Club**

# Gym Rules For Coaches

- Coaches/volunteers must be professional and work as a team, co-operate discuss (not argue) listen to others views and be prepared to accept the majority decision
- Always discuss any issue you have with another coach or volunteer in the right place, never in front of gymnasts /parents.
- Always report any incidents/accidents immediately, following the appropriate guidelines
- If a gymnast sustains an accident, you must remain calm, stop other gymnasts in the group working, reassure the gymnast and work together as a team to ensure safety for all participants.
- Hold the appropriate, valid qualifications and insurance cover where appropriate.
- Make sure all activities are appropriate to the age, ability and experience of those taking part and ensure all participants are suitably prepared physically and mentally when learning new skills. Coaches must only coach skills which they are qualified to teach unless working alongside a mentor coach.
- Always set good examples and be a good role model by displaying consistently high standards of behaviour and appearance, dressing suitably and never using inappropriate language at any time whilst involved in activities with EKGC
- Jewellery including earrings/rings and watches are not allowed in the gym, competitions or displays.
- Always be punctual for your class. If you are going to be late, please inform us giving enough time for us to re-organize your group.
- Be a good role model by consuming only healthy snacks and drinks during training times.
- Promote the positive aspects of the sport (e.g. fair play).
- Encourage gymnasts to value their performances and not just results.