



## East Kilbride Gymnastics Club

# Gym Rules For Parents

These basic rules have been put in place to ensure EKGC is run efficiently within the safest environment possible for all. We would appreciate your co-operation.

- Encourage your child to learn the rules and participate within them.
- Discourage challenging confrontations and arguing with officials or coaches at the club or other gymnastics events.
- Publicly accept officials'/ coaches' judgements.
- Help your child to recognise good performance, not just results.
- Set a good example by recognising good sportsmanship and applauding not just your own child but the good performances of all including other gymnastics clubs.
- Never force your child to take part in sport.
- Always ensure your child is dressed appropriately for the activity and has plenty of water to drink.
- Keep the club informed if your child is ill or unable to attend sessions.
- Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
- Use correct and proper language at all times. Any parent/adult displaying inappropriate/aggressive behaviour towards gymnasts, coaches, officials or other parents will not be welcome at the club.
- Never punish or belittle a child for poor performance or making mistakes.
- Support your child's involvement and help them to enjoy their sport.
- Please support your child's involvement and help them to enjoy their sport.
- Please help to keep the gym tidy.