



Majestic Gymnastics prides itself on delivering outstanding customer service, planned and progressive lessons and achieving a positive learning environment. To continue to do this, all staff members must abide by the code of conduct outlined below:

Club Coaches – Code of Conduct

All those involved in the provision of coaching activities have a general duty of care to participants to exercise reasonable care for their safety both in training and competition and should ensure, so far as is reasonably practicable that:

- Gymnastics activity, training or coaching takes place in a safe environment, and the equipment and facilities used are suitable, safe and well-maintained.
- Coaches have the required qualifications, competence and experience for the role they are undertaking.
- Coaches carry out coaching duties with reasonable skill and care and in a reasonable, prudent and professional manner.
- Coaches employ best coaching practices at all times and are meticulous in their physical and mental preparation of the participant appropriate to the level of participation.

The prudent and caring coach will ensure that the following principles are implemented and continually upheld:

- A safe environment is provided at all times.
- Clear and adequate instructions are given before commencing an activity.
- Coaching methods and procedures are continually assessed for the safety of both performers and coaches.
- Only competent and suitably trained and qualified persons supervise or coach an activity.
- The clothing and special equipment (e.g. wrist guards) to be worn by the participants must be suitable, not loose-fitting, and in good order.
- The health status of each participant should be known before commencing a training session or competition. If a coach knows of any health reason, medical condition or injury which might affect a participant's ability to train or compete, or which might adversely affect his or her health if he or she were to train or compete, appropriate medical advice should be obtained before the participant undertakes any training activity or competes. If a medical advisor advises that the participant should not train or compete, the participant should not do so until a medical advisor has advised that the participant may do so.
- Medical advice should be sought in case of injury and only qualified persons should administer first aid.
- An accurate record of injuries and actions should be maintained and kept up to date. Medical approval should be sought following a debilitating injury before permitting a participant to recommence training or competition.
- Coaches must be immediately accessible and never leave the premises while a session is in progress.



- Always ensure that a minimum of two responsible adults are present during training sessions. One of the adults must be an appropriately qualified coach and the second adult must not be one of the participating gymnasts.

All those involved in the provision of coaching at Majestic Gymnastics must present themselves professionally. The following must be adhered to whilst coaching:

- The wearing of clothing with buckles or clasps is dangerous and is prohibited.
- Raised adornments on gymnastics clothing are dangerous and are prohibited.
- Long hair may become a hazard and it should be tied back to avoid accidents.
- Long fingernails present a risk to the gymnast and coach. The coach is responsible for ensuring the length of fingernails is compatible with the activity.
- Coaches should be aware of the risks associated with wearing spectacles and minimise the risks by wearing flexible frames, an elastic sports band or contact lenses to ensure safety.

Majestic Gymnastics enforces a uniform policy. Uniforms must be kept in good condition. The following must be worn:

- BE Majestic t-shirt or vest top
- BE Majestic jumper or jacket (optional)
- Black athletic trousers, leggings or shorts

Club coaches at Majestic Gymnastics are not permitted to:

- Wear jewellery; unless for religious or medical purposes. Wedding bands are allowed but must be covered or removed if hands on supporting.
- Wear a watch
- Have tattoos of an offensive, unprofessional or distracting nature on display
- Chew gum
- Use their mobile phone in the gymnastics hall

Majestic Gymnastics will ensure that:

- Club coaches over the age of 16 hold a valid Safeguarding Certificate.
- Club coaches over the age of 16 hold a valid Disclosure and Barring Service Certificate.
- Club coaches over the age of 18 hold a UKCC approved coaching qualification.
- Head coaches hold a valid first-aid certificate.