

Code of Conduct:



Sportsmanship:

- I will practice good sportsmanship with club members and all external clubs/members. (example: showing pride in one another no matter what results at training or competitions)
- I will act in ways that bring respect to me, my coaches, my club and the Manitoba Gymnastics Association.
- I will not swear or insult other persons.
- I will support and encourage my teammates.
- I will respect my fellow club members by being kind to each other, taking turns fairly and helping each other.
- I am committed to everyone being treated with respect and dignity. I will do my part to ensure that I do not participate in any harassment activity. This includes but is not limited to:
 - behavior which is intimidating, hostile, abusive,
 - verbal abuse or threats,
 - unwelcome remarks, jokes, innuendoes or taunting about a person's body, attire, age, marital status, ethnic or national origin, religion, etc.,
 - practical jokes which cause awkwardness or embarrassment,
 - unwelcome invitations or requests,
 - leering or other gestures,
 - condescension or patronization which undermines self respect
 - unnecessary physical contact such as touching, patting, pinching, punching
 - physical assault
 - hazing
 - sexual harassment
 - gossip

Training and Competition:

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the judges and ask questions when I do not understand.
- I will always try my best during training and competitions.
- I must participate in a minimum of one competition per year to remain in the competitive program and will be subject to a code violation if I don't comply.
- I must arrive at a competition **before the start of general warm up** and if I fail to I will be scratched from the competition and can not compete. No refund will be issued.
- I will arrive at a competition ½ hour before the start of general warm up.
- I will wear suitable clothing:
 - Female gymnasts shall wear a one-piece gymnastic leotard with/without shorts for training or suitable clothing that won't hinder performance or safety. (discretion of coach)
 - Female gymnasts shall wear the current competitive one-piece Selkirk Selects matching leotard for competitions. Female gymnasts may choose to wear the matching Selkirk Selects track suit, however this clothing is optional. If you choose not to wear a Selkirk Selects track suit, the one-piece leotard shall suffice. (no substitutions are allowed for the track suit)
 - Male gymnasts shall wear shorts and a T-shirt or a unitard and shorts/pants for training or suitable clothing that won't hinder performance or safety. (discretion of coach)

Training and Competition (cont'd):

- Male gymnasts shall wear the current competitive Selkirk Selects uniform (it may be T-shirt with black shorts or unitard and shorts/pants) for competitions. Male gymnasts may choose to wear the matching Selkirk Selects track suit, however this clothing is optional. If you choose not to wear a Selkirk Selects track suit, the Selkirk Selects T-shirts with black shorts shall suffice. (no substitutions are allowed for the track suit.)
- Female/Male gymnasts shall not wear jewelry or adornments including body piercing (excluding studded earrings) at anytime during training or competition. This constitutes a safety hazard.
- I will not chew gum in the gym facility.
- I will not drink alcohol, smoke or take illegal drugs or speak about them while representing Selkirk Selects Gymnastics Club at training sessions or competitions.
- I will not take drugs for the purpose of improving my performance.

Violation of Code of Conduct

If a gymnast is determined to be in violation of the *Code of Conduct*, the Selkirk Selects Board of Directors may take the following disciplinary action:

- 1st Offense – gymnast receives verbal reprimand from the supervising coach.
- 2nd Offense – gymnast receives written reprimand from the Board, a copy of which is kept on file.
- 3rd Offense – gymnast's membership may be suspended for a specific time period or gym event.

If a gymnast does not fulfill his/her obligation of competition, only one offense will be allowed. If the gymnast goes one year without competing then the following year, the gymnast must participate in a competition otherwise she/he must withdraw from the competitive program and return to the recreational program.

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Please cut along dotted line and return signed form to Coach – **this form must be signed and submitted within 2 weeks of the start of session or you can not participate.**

Responsibility for My Actions:

- I have read the above *Code of Conduct of the Selkirk Selects Gymnastics Club*.
- I understand that if I do not obey this *Code of Conduct* my privilege of participating in the competitive gymnastics program at Selkirk Selects Gymnastics Club may be discontinued as determined by the Selkirk Selects Board of Directors.

Athlete Date:

Parent/Guardian Date: