

Lincoln City Gymnastics Club

Unit 3-5 Newark Road Industrial Estate, Clayton Road, Lincoln, LN5 8RE

01522 262022

generalenquiries@lincolncitygymnasticsclub.co.uk

www.lincolncitygymnasticsclub.co.uk



Code of Conduct

Parents / Guardians

As a parent / guardian of a gymnast at Lincoln City Gymnastics Club, I agree to the following:

I will:

- Park my car with care and consideration and escort your child to and from the gym
- Ensure my gymnast(s) arrive punctually for the start of class, having first been to the toilet
- Make sure my child arrives for their class wearing a leotard (shorts & t-shirt for boys), having removed all jewellery and with their hair tied up, if necessary
- Ensure I arrive punctually to collect gymnasts
- Ensure the coaches are informed if my child needs to leave early
- Ensure the coaches are informed who will be collecting them (if not a parent / guardian)
- Will not bring ill / injured children to gym. If a child complains of feeling ill or of an injury whilst at gym they will be allowed to sit out for 10 minutes. After this time, if they are unable to continue, parents / guardians will be contacted to collect them
- Ensure the club is provided with any changes to contact numbers and medical information
- Ensure subscriptions, British Gymnastics & Club Membership fees are paid on time
- Be polite and accept the coaches' decisions regarding your gymnast's development
- Work with the coaches and judges in a positive way to help your gymnast achieve their full potential
- At competitions, support all our club's gymnasts and be respectful to those of other clubs

Gymnasts

As a member of Lincoln City Gymnastics Club, I agree to the following:

- Arrive on time
- Attend classes regularly
- Always wear a leotard (and shorts for boys), remove all jewellery and make sure your hair is neat and tidy (tied up if necessary)
- Leave all areas tidy, putting all rubbish in the bin
- Leave all belongings in your own cube at the beginning of a training session and make sure all belongings are taken at the end of the session
- Go to the toilet before your class starts and ask permission if you need to go again during the class (please limit visits!)
- Once warmed up, remove all extra clothing and leave items neat and tidy
- Always follow the coaches' instructions
- Show respect to the coaches and other gymnasts
- If you need to leave class early, ask your coach's permission before the class starts
- Most importantly, enjoy your gymnastics!

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Changes to our Code of Conduct

We keep our Code of Conduct under regular review and will notify you of any changes made. You are advised to review this Code of Conduct Notice periodically for any changes. This Code of Conduct was last updated in April 2025.

Contact us

If you have any questions about this notice, if there is something you don't understand, or you wish to exercise any of your rights, please contact us by emailing

generalenquiries@lincolncitygymnasticsclub.co.uk or calling 01522 262022.

Policy approved by:

Welfare Officer: Adele Bogg
April 2025

Welfare Officer: Claire Speed
April 2025