



Code of Conduct - Gymnasts

As a member of CAAG, it is important that you are aware of our code of conduct.

1. Always be respectful to all members of CAAG.
2. It is important that you never leave the gym without permission from a coach. We must always know where you are whilst you are at the gym.
3. Please ensure that you are always showing a high standard of sportsmanship towards each other.
4. Please ensure you are dressed appropriately for each class. Leotards & shorts or crop tops and shorts are acceptable attire. You must make sure your hair is tied up and all jewellery is either taped up or removed.
5. Please ensure you are making every effort to attend sessions and maintain a good attendance.
6. Please make every effort to arrive at your classes on time.
7. Please make sure you arrive at the gym ready to start training. Make sure you have been to the toilet, filled up your water bottle and have gotten changed before your class starts.
8. Please use correct & proper language at all times.
9. Respect and take care of the gymnastics equipment that you use.
10. Respect the gym rules & listen to your coaches. This will help us to create a happy and healthy environment in our gym.
11. We do operate on a '3 strikes' system. If these rules are broken, it will unfortunately result in a 'strike'. If 3 strikes are given to you, you will be asked to leave.