A close up of a logo

Description automatically generated**Parent/Guardian Code of Conduct**

Parents, Guardians and Delegates/Guests to Gymnastics Energy shall:

* Ensure that their athletes are punctual for their training sessions
* Be encouraged to ensure their athletes bring a nutritious nut-free snack or meal.
* Respect the gym and all training athletes and coaches by keeping any athletes that are not training and all siblings/other visitors off the gym floor and equipment at all times and ensuring they treat our gym space respectfully and keep it tidy for other guests.
* Remember children are involved for their own enjoyment and challenge, not for you or their coach.
* Teach their children that honest effort is as important as awards, so that the result of each competition is accepted without undue disappointment.
* Empower their athlete with the positive attitude and confidence that through consistent hard work and determination; with this support they will be better equipped to reach their goals.
* Understand, and help them to understand, that each athlete is different, has different strengths and weaknesses, and that they will develop in different ways and at different rates.
* Show respect and trust for their athlete’s coach by acknowledging their expertise, training, knowledge and supporting their decisions on technical issues.
* Make an appointment with their athlete’s coach or program manager to discuss any issues. At no time should a parent discuss issues during training time or in front of athletes or when a coach is on the training floor.
* Always remember that children and teens learn best by example. Applaud good performance and sportsmanship by your team and by members of other teams. Model respect and courtesy towards other athletes, coaches, parents and officials – and expect the same from your athlete.

In addition, parents/guardians and delegates/guests are not to engage in any conversation or conduct against the gym, coaches, staff, athletes and/or Gymnastics Energy members in the gym or at gym related events that is known or ought reasonably to be known to be unwelcome. This may include criticizing, bullying, intimidating or offensive jokes or innuendos, displaying or circulating offensive pictures or materials, or offensive or intimidating phone calls/messages.

Failure to adhere to this code of conduct will result in progressive disciplinary action which includes:

1. Verbal warning – discussion with program manager and/or board members
2. Documented written warning
3. Temporary suspension from facilities
4. Permanent suspension from facilities

More serious violations can result some disciplinary stages being skipped (i.e. discipline could start at #2 or #3)

I agree to send my athlete to gymnastics practices and related events on time, well fed and well rested. I will fully support my athlete’s commitment to continue their training at Gymnastics Energy through good times and tough times. I understand that my role in the gym is one of support and encouragement, not coaching. Discussions regarding my contract, athlete and gymnastics will be scheduled with coaches or board in the appropriate manner.

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Athlete(s) Name (print) Date

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Parent/Guardian #1 signature Parent/Guardian #1 Name (Print)

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Parent/Guardian #2 signature Parent/Guardian #2 Name (Print)