



Bloemfontein

Gimnastiek Klub | Gymnastics Club

Code of Conduct

Bloemfontein Gymnastics Club promotes good ethical conduct for all who are associated with the club and realizes that the reputation and growth of the club depend upon a mutual partnership between coaches, officials, parents and volunteers. The conduct and behaviour of everyone involved in the Club are critical to gymnasts' ongoing individual development and the development of our club.

Coaches, officials and volunteers must:

- a. Follow all guiding principles set by the Gymnastics South Africa and the Club.
- b. Consider the safety and wellbeing of participants before the development of performance.
- c. Develop an appropriate working relationship with the gymnasts and parents based on mutual trust and respect.
- d. Ensure all participants are suitably prepared physically and mentally when learning new skills and that all activities meet the age, ability and experience requirements of those participating.
- e. Promote the positive aspects of the sport by recognising good performance and not just outcomes. Set a good example by appreciating good sportsmanship and congratulating the good performances of all. Never punish or depreciate a child for poor performance or making mistakes.
- f. Display consistently high standards of behaviour, language and appearance and set a good example for gymnasts to follow.
- g. Must gain the applicable qualifications.
- h. Never condone the violation of rules from gymnasts, other coaches, parents or other volunteers and thus, report/raise such issues promptly.
- i. Obtain prior agreement from the parent/guardian of gymnasts before transporting them anywhere or arranging any activities outside of the Gymnastics hall.
- j. Encourage gymnasts to accept responsibility for their own performance and behaviour.
- k. Be aware of and follow the procedures for recording and reporting incidents immediately.
- l. Be aware of the Health and Safety Procedures in your training facility. Always use the equipment and facilities according to the proper guidelines.
- m. Treat all training environments and equipment with respect and ensure that the facility is left tidy with all equipment in its correct location.
- n. Not use mobile phones or other electrical equipment if not for coaching or emergency purposes.
- o. Wear suitable attire for training and events and long hair should be tied back with all jewellery removed.
- p. Never be under the influence of alcohol or a controlled substance during training sessions, events and competitions.

Parents and Guardians should:

- a. Encourage your child to learn the rules and participate within them. Discourage inappropriate behaviour, including disrespectful behaviour toward coaches and officials.
- b. Help your child to recognise good performance and not just results by setting a good example through recognising good sportsmanship and applauding the good performances of all. Never punish or belittle a child for poor performance or making mistakes.
- c. Support your child's involvement in Gymnastics and help them to enjoy their sport while recognising the importance of perseverance during tough training phases.
- d. Encourage and guide your child to accept responsibility for their own performance and behaviour.
- e. Endeavour to establish good open communications with the club, coaches and officials for the benefit of all. Share any concerns or complaints about any aspect of the club through the approved channels.
- f. Develop an appropriate working relationship with coaches and officials based on mutual trust and respect. Publicly accept coaches and officials' judgements and show respect for their area of expertise.
- g. When seeking to discuss your child's progress, or raise a concern, please allow your coach to do so at a mutually agreed time and respect their working times. Personal social media channels should not be used to contact your coach for progress updates or to raise concerns.



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- h. Act in a respectful manner and always use correct and proper language within both training and competition environments.
- i. Ensure your child has dressed appropriately for the sport and has plenty of water to drink.
- j. Ensure your child arrives at training and competitions on time and where appropriate keep the club informed if your child is ill or unable to attend sessions.
- k. Collect your child promptly at the end of each session.
- l. Ensure payments for fees, competitions and other costs are paid to the club promptly.
- m. Inform the club of any changes in contact details, especially emergency contact information or changes to medical information.
- n. If you are able, become involved in the club as a volunteer as your assistance would be appreciatively received.

Gymnasts must:

- a. Participate within the rules and respect the coaches, officials and their decisions.
- b. Show respect and dignity to all fellow club members and opponents.
- c. Arrive at the agreed times for training and competitions and inform their coach if they are going to be late.
- d. Wear suitable attire for training, competitions and events as agreed with the Coach. Long hair should be tied back and all jewellery must be removed.
- e. Treat all training environments and equipment with respect and tidy away all hand equipment after their use.
- f. Ensure that Mobile phones and other electronic equipment should be switched off or turned on silent during training.
- g. Not leave the training area without the consent of their coach and must remain in the hall at the end of sessions until collected by their parent or guardian.
- h. Abide by the SAIDS (South African Institute for Drug-Free Sport) anti-doping regulations, the clauses of the World Anti-doping Code and its international Standards

Use of Social Media

- a. Only persons authorised by the Committee may post information on the Website or on the club's Facebook page.
- b. No full names of participants will appear that can identify the persons in any photo's posted on Social Media without written consent.
- c. Any information posted on the Social Media must be accurate and conform to Equity & Child Protection Policies.
- d. Specific Facebook code of conduct: -
 - Members of the Club, their parents or guardians may be accepted as Friends of the Club.
 - Only persons or entities known to the committee may be accepted as Friends of the Club.
 - Any non-member of the Club requesting to be a friend and therefore have access to all information on the Clubs Facebook can only be accepted if authorised by the Committee.
 - Friends' personal information or direct email, phone or address information must not be posted on the Clubs Facebook wall.
 - No comments on other participants, coaches, volunteers, Other Clubs or Bloemfontein Gymnastics Club members can be posted on the wall that could be deemed as offensive.
 - You must not accept any "Friend" of Bloemfontein Gymnastics Club into your personal Facebook if they are not personally known to you.
 - The club will not tolerate the use of Facebook for bullying or harassment purposes.
 - Infringements of the above could result in your "friendship" with the club being terminated and you could have disciplinary action or even legal action taken against you depending on the circumstance.

These codes of conduct are not exhaustive and may change from time to time.



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Gedragkode

Bloemfontein Gimnastiek Klub bevorder goeie etiese gedrag vir almal wat met die klub geassosieer word en besef dat die klub se reputasie en groei afhang van 'n wedersydse vennootskap tussen afrigters, beamptes, ouers en vrywilligers. Die gedrag van ons gimnaste is van kritieke belang vir hul voortgesette individuele ontwikkeling en die ontwikkeling van ons klub as geheel.

Afrigters, beamptes en vrywilligers moet:

- Alle riglyne volg wat deur die Gimnastiek Suid-Afrika en die Klub gestel is.
- Die veiligheid en welstand van deelnemers oorweeg voor die ontwikkeling van prestasie.
- 'n Gepaste werksverhouding ontwikkel met die gimnaste en ouers gebaseer op wedersydse vertroue en respek.
- Seker maak dat alle deelnemers fisies en geestelik voorberei word vir wanneer nuwe vaardighede aangeleer word en dat alle aktiwiteite voldoen aan die ouderdom, vermoë en ondervinding van die deelnemers.
- Die positiewe aspekte van die sport bevorder deur goeie prestasie te erken en nie net uitkomst nie. Stel 'n goeie voorbeeld deur goeie sportmanskap te waardeer en deur tevrede te wees met die goeie prestasies van almal. Moet nooit 'n kind straf of veroordeel vir swak prestasie of die maak van foute nie.
- Konsekwent hoë standaarde toon van gedrag, taal en voorkoms en moet 'n goeie voorbeeld stel vir gimnaste om te volg.
- Die toepaslike kwalifikasies verwerf.
- Nooit die oortreding van reëls van gimnaste, ander afrigters, ouers of ander vrywilligers ignoreer nie en sodoende sulke kwessies dadelik rapporteer / verhaal.
- Vooraf toestemming verkry van die ouer / voog van gimnaste voordat hulle enige plek vervoer of enige aktiwiteite buite die Gimnastieksaal reël.
- Gimnaste aanmoedig om verantwoordelikheid vir hul eie prestasie en gedrag te aanvaar.
- Bewus wees van die prosedures vir die opneem en rapportering van voorvalle en dit onmiddellik toepas.
- Bewus wees van die gesondheid- en veiligheidsprosedures in u opleidings fasiliteit. Gebruik altyd die toerusting en fasiliteite volgens die korrekte riglyne.
- Alle oefen omgewings en toerusting behandel met respek en sorg dat die fasiliteit netjies met al die toerusting op sy regte plek gelaat word.
- Moenie selfone of ander elektriese toerusting, indien nie vir afrigting of nooddoeleindes, nie.
- Dra geskikte klere vir die klasse en gebeure. Lang hare moet vasgemaak word met alle juwele verwyder.
- Nooit onder die invloed van alkohol of 'n beheerde stof wees tydens oefensessies, geleenthede en kompetisies nie.

Ouers en voogde moet:

- u Kind/ers aanmoedig om die reëls te leer en daaraan te voldoen. Ontmoedig onvanpaste gedrag, insluitend oneerbiedige gedrag teenoor afrigters en beamptes.
- u Kind/ers help om goeie prestasie te erken en nie net resultate nie, deur 'n goeie voorbeeld te stel, goeie sportmanskap te erken en die goeie prestasies van almal te verwelkom. Moet nooit 'n kind straf of verkleiner vir swak prestasie of die maak van foute nie.
- U kind/ers se betrokkenheid by Gimnastiek ondersteun en help om hul sport te geniet terwyl hulle die belangrikheid van deurstellingsvermoë tydens moeilike opleidingsfases leer ken.
- U kind/ers aanmoedig en lei om verantwoordelikheid vir hul eie prestasie en gedrag te aanvaar.
- Probeer streef na goeie oop kommunikasie met die klub, afrigters en beamptes wat tot voordeel sal wees van almal. Deel enige kommer of klagtes oor enige aspek van die klub deur die goedgekeurde kanale.
- 'n Gepaste werksverhouding ontwikkel met afrigters en beamptes gebaseer op wedersydse vertroue en respek. Aanvaar die afrigters en amptenare se oordele en respekteer hul gebied van kundigheid.



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- g. Indien jy jou kind se vordering wil bespreek, of 'n besorgdheid in die gesig staar, moet jy jou afrigter so gou moontlik spreek, maar wel hul werksure respekteer. Persoonlike sosiale mediakanale moet nie gebruik word om die afrigter te kontak vir vorderings-opdatering of om besorgdheid te stel nie.
- h. Op 'n respekvolle manier optree en te alle tye korrek en behoorlike taal gebruik binne beide oefen- en kompetisie-omgewings.
- i. Maak seker jou kind is aangepas vir die sport en het genoeg water om te drink.
- j. Maak seker dat u kind betyds by die oefening en kompetisies aankom. Hou die klub ingelig indien u kind siek is of nie in staat is om sessies by te woon nie.
- k. Laai jou kind vinnig op aan die einde van elke sessie.
- l. Verseker betalings vir fooie, kompetisies en ander kostes word dadelik aan die klub betaal.
- m. Stel die klub in kennis van enige veranderinge in besonderhede, veral nood kontakinligting of veranderinge aan mediese inligting.
- n. As jy in staat is, raak betrokke by die klub as 'n vrywilliger, aangesien jou hulp waardevol ontvang sal word.

Gimnaste moet:

- a. Gehoorsaam wees aan die reëls en, die afrigters, beamptes en hul besluite respekteer.
- b. Respek en waardigheid toon aan alle mede-klublede en teenstanders.
- c. Op die ooreengekome tye vir oefening en kompetisies opdaag en lig hul afrigter in indien hulle laat gaan wees.
- d. Dra geskikte klere vir oefening, kompetisies en gebeure soos ooreengekom met die afrigter. Lang hare moet vasgemaak word en alle juwele moet verwyder word.
- e. Behandel alle oefen omgewings en toerusting met die nodige respek en versorg al die handgereedskap na gebruik.
- f. Maak seker dat selfone en ander elektroniese toerusting afgeskakel of op sag gestel word tydens oefening.
- g. Nie die oefen-gebied verlaat sonder die toestemming van hul afrigter nie, en moet aan die einde van die sessies in die saal bly totdat hul deur hul ouer of voog opgelaa word.
- h. Voldoen aan die SAIDS (Suid-Afrikaanse Instituut vir Dwelmvrye Sport) teenmiddels regulasies, die klousules van die Wêreld Antidoping Kode en sy internasionale standaarde

Gebruik van Sosiale Media

- a. Slegs persone wat deur die Komitee gemagtig is, mag inligting op die webwerf of op die klub se Facebook-bladsy plaas.
- b. Geen volle name van deelnemers sal verskyn, wat die persone in enige foto's kan identifiseer op sosiale media sonder skriftelike toestemming nie.
- c. Enige inligting wat op die Sosiale Media geplaas word, moet akkuraat wees en in ooreenstemming wees met die Ekwiteit- en Kinderbeskerming beleid.
- d. Spesifieke Facebook gedragskode: -
 - Lede van die Klub, hul ouers of voogde mag aanvaar word as Vriende van die Klub.
 - Slegs persone of entiteite wat aan die komitee bekend is, kan as Vriende van die Klub aanvaar word.
 - Enige nie-lid van die klub wat versoek om 'n vriend te wees en dus toegang tot alle inligting op die klub se Facebook het, kan slegs aanvaar word indien dit deur die komitee gemagtig word.
 - Vriende se persoonlike inligting of direkte e-pos-, telefoon- of adres inligting mag nie op die Klub se Facebook-blad geplaas word nie.
 - Geen kommentaar op ander deelnemers, afrigters, vrywilligers, ander klubs of lede van Bloemfontein Gimnastiek Klub kan op die muur geplaas word wat as offensief beskou kan word nie.
 - U mag geen "Vriend" van die Bloemfontein Gimnastiek Klub in u persoonlike Facebook aanvaar indien hulle nie persoonlik aan u bekend is nie.
 - Die klub sal nie die gebruik van Facebook duld vir boelie of teistering nie.
 - Oortredings op bogenoemde kan tot gevolg hê dat u "vriendskap" met die klub beëindig word en u kan dissiplinêre optrede of selfs regstappe teen u ontvang, afhangende van die omstandighede.

Hierdie gedragskode is nie beslissend nie en mag van tyd tot tyd verander.