



## Code of conduct

### Participants:

- Happiness is key at bounce & flex so be kind, considerate and helpful towards others as we are a team and we work together
- Always keep your arms and legs to yourself
- Always follow our safety rules i.e trampoline safety and following your lines in gymnastics to avoid injury
- When a coach is talking you are listening
- Jewellery must be removed or taped up prior to the lesson (small studs accepted)
- Hair must be tied back when participating in any of our Sports
- Everyone is required to stretch at the start and end of each session to be able to join in
- Inappropriate behaviour or bullying is not tolerated, if you are experiencing this you must inform a coach as soon as possible for this to be dealt with adhering to our behaviour policy
- Correct attire to be worn to each lesson. Leotard, leggings, t shirt tucked in and don't forget your socks for each lesson
- You will not perform any self taught moves without permission from the coaches as this could result in injury
- Be respectful and kind to all coaches, volunteers, parents and participants
- Do not bring any valuables or mobile phones to club sessions
- Remember coaches/volunteers are here to support and help you so please approach us if needed
- No snacks please (due to allergies and hygiene we would prefer only bottled drinks)

### Coaches:

- Be mindful at all times of health and safety, safeguarding and conduct yourself in a professional manner
- Be supportive, encouraging and positive towards participants, parents and other staff
- Treat everyone equally and respectfully regarding race, ability, age, religion and disability
- Only coach within the remit of your qualification
- Report any accidents, incidents, concerns and conflicts immediately to Ashleigh Lock or Kerry Broughton (safeguarding & welfare officer)
- Provide basic first aid in the event of an accident
- Mobile phones only to be used for work purposes or training aid
- Ensure correct attire is worn and jewellery removed
- Bullying or inappropriate behaviour will not be tolerated and may result in verbal warning or dismissal

- Keep a professional distance with participants and avoid being alone with them

## Volunteers:

- Be mindful at all times of health and safety, safeguarding and conduct yourself in a professional manner
- Be supportive, encouraging and positive towards participants, parents and other staff
- Treat everyone equally and respectfully regarding race, ability, age, religion and disability
- Report any accidents, incidents, concerns and conflicts immediately to Ashleigh Lock or Kerry Broughton (safeguarding & welfare officer)
- Ensure correct attire is worn and jewellery removed
- Bullying or inappropriate behaviour will not be tolerated and may result in verbal warning or dismissal
- Keep a professional distance with participants and avoid being alone with them
- Mobile phones are not permitted when sessions are in progress
- You will not be expected to lead sessions or lone work. You are required to assist under supervision of a qualified and DBS checked coach at all times

## Parents:

- Please be respectful of all other parents, coaches and participants on site
- If you have a complaint or safeguarding concern please put this in writing to Ashleigh Lock at [Bounceandflex@hotmail.com](mailto:Bounceandflex@hotmail.com) or to Kerry Broughton (Safeguarding and welfare officer) at [Safeguardbounceandflex@gmail.com](mailto:Safeguardbounceandflex@gmail.com)
- If you need to speak to either of the head coaches please contact Ashleigh lock 07790892971 or Bernie Lock 07761655185 and we will be happy to help
- Aggressive or inappropriate behaviour will not be tolerated if this occurs you may be asked to leave the site and not return to Bounce & Flex
- We welcome suggestions and ideas but please do not interfere whilst sessions are in progress we are qualified coaches and have knowledge and have trained in these areas
- As we run sessions back to back your child's session will finish 5 mins before the end to stretch and get belongings together so please arrive 5 minutes before the end of the session to greet them
- Please support the club and your children as much as possible i.e praise and encouragement to your children and attending fundraisers to support our club

If any of the above conducts are breached it may result in a warning or potentially being asked to leave the club.