

CODES OF BEHAVIOUR

General Code of Behaviour

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealing with others.
- Be professional in, and accept responsibility for, your actions.
- Make a commitment to providing a quality service.
- Be aware of, and maintain adherence to ZGC rules, regulations and policies.
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
- Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
- Refrain from any form of harassment of others.
- Refrain from any behaviour that may bring ZGC or an affiliated club into disrepute.
- Provide a safe environment for the conduct of the activity.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model.
- Respect and treat appropriately all property and equipment used by ZGC or affiliated club.
- Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

Participant's Code of Behaviour

- Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
- Do not tolerate acts of aggression.
- Respect the talent, potential and development of fellow participants and competitors.
- Care for and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- At all times avoid intimate relationships with your coach.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- Maintain high personal behaviour standards at all times.
- Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
- Be honest in your attitude and preparation to training.
- Work equally hard for yourself and your team.

Coach's Code of Behaviour

- Do not tolerate acts of aggression.
- Provide feedback to participants in a manner sensitive to their needs. Avoid overly negative feedback.
- Recognise participants' rights to consult with other coaches and advisers.
- Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
- Encourage and facilitate participants' independence and responsibility for their own behaviour, performance, decisions and actions.
- Involve the participants in decisions that affect them.
- Encourage participants to respect one another and to expect respect for their worth as individuals regardless of their level of play.
- Ensure that the tasks and/or training set are suitable for age, experience, ability, and physical and psychological conditions of the participants.
- Ensure any physical contact with participants is appropriate to the situation and necessary for the participant's skill development.
- Be acutely aware of the power that you as a coach develop with your participants in the coaching relationship and avoid any sexual intimacy with participants that could develop as a result.

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- Avoid situations with your participants that could be construed as compromising.
- Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
- Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your participants.
- Accept and respect the role of judges in ensuring that competitions are conducted fairly and according to established rules.
- Know and abide by rules, regulations and standards, and encourage participants to do likewise. Accept both the letter and the spirit of the rules.
- Be honest and ensure that qualifications are not misrepresented.

Parent/Guardian's Code of Behaviour

- Respect the rights, dignity and worth of others.
- Remember that your child participates in sport for their own enjoyment, not yours.
- Focus on your child's efforts and performance rather than winning or losing.
- Never ridicule or yell at your child and other children for making a mistake or losing a competition.
- Show appreciation for good performance by all participants (including opposing participants).
- Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
- Respect judges' decisions and teach children to do likewise.
- Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, parent, administrators or volunteers).
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Be a positive role model.
- Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

Spectator's Code of Behaviour

- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young participant for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by other spectators, coaches, officials or players.
- Show respect for your club's opponents. Without them there would be no competition.
- Do not use violence, harassment or abuse in any form (that is, do not use foul language, sledge or harass players, coaches, officials or other spectators).
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Respect and treat appropriately all property and equipment used by ZGC or affiliated club.

Judge's Code of Behaviour

- Place the safety and welfare of the participants above all else.
- Accept responsibility for all actions taken.
- Be impartial.
- Avoid any situation that may lead to a conflict of interest.
- Be courteous, respectful and open to discussion and interaction.
- Value the individual in sport.

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Administrator's Code of Behaviour

- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Be aware of your legal responsibilities.

Gymnastics Australia Body Positive Guidelines

- All bodies are to be addressed with respect, care, and harmful language is to be avoided.
- Every reasonable effort must be made to avoid directly critiquing or commenting on the physical form, shape, size or weight of a gymnast, regardless of whether it is believed to be "true" or "helpful." Consider ways you can communicate more functional, or supportive messages which encourage all gymnasts to care for and listen to their body.
- The words "fat", "overweight", "large", "heavy" "skinny" or "stick-thin", can be hurtful and are not to be used to describe a gymnast's body. These terms are not to be used to communicate directly to the athlete, in front of the athlete, or about the athlete to others.
- Both praise and criticism for body appearance, shape, size or weight may be harmful. Avoid commenting on bodies, and instead praise skill, function, effort, perseverance or other attributes that are not appearance-based.
- Conversations about gymnasts' bodies (regardless of whether this is praise or criticism) in front of other gymnasts, are to be avoided. Comparisons are not constructive and can be harmful to the gymnasts in question as well as to any other gymnasts who hear the conversation.
- Avoid conversations with coaches or staff about bodies or eating habits of gymnasts or staff, in front of others. These conversations, if necessary for performance and/or wellbeing, should be kept private.
- Please consider that the delivery of a comment/message may be received differently to how it is intended. We request that individuals be thoughtful and considerate of the personal circumstances, characteristics and experiences of each individual, which may influence their ability to understand the intent of the message.
- It is acknowledged that performance may be affected by changes in body shape, regardless of how this happens (eg. Puberty, illness, injury, etc) – a gymnast may experience reduction or change in power, strength, agility, rotation and other aspects of gymnastics performance. The responses of coaches and support networks are crucial in supporting gymnasts to navigate through body changes. It is recommended that education about this being a normal result of body changes is had well before pubertal/maximal growth years, with coaches, gymnasts and families.

Gymnastics Australia Food, Eating and Nutrition

- Nutrition education and advice should only be delivered by an experienced sports dietitian.

Gymnastics Australia Body Composition Assessment

- ZGC do not undertake any form of body composition assessments.

Codes of Behaviour Document last reviewed on 27th August 2019.