



Code of Conduct

Member

Club Rules

✓ How Should I Behave?

- Arrive at least five minutes before the start of the session.
- Help set up and put down equipment under instruction from the coaches and helpers.
- Be respectful to others.
- Share.
- Be kind and encouraging to others.
- Bring a bottle of water.
- Only healthy snacks (e.g. fruit) should be brought to sessions.
- Stand close to your trampoline and spot for others.
- Come dressed in correct clothing with socks and trainers.
- Do your best to do what coaches and helpers tell you.
- Be hardworking and motivated to learn.
- Respect the equipment and facilities.
- Always ask your coach if you need to leave the room.
- After a session, always leave wearing appropriate normal clothing (not leotards, shorts etc.).

X What Should I Not Do?

- Use mobile phones or other electronic devices in sessions. If brought, they must stay put away and switched off/on silent.
- Be disrespectful to others.
- Run under or around the trampolines during sessions unless instructed otherwise.
- Distract or interfere with others on the trampoline.
- Wear shoes on the floor mats.
- Bring fizzy drinks or unhealthy food to sessions.
- Eat/drink on the mats or trampolines.
- Damage the mats or equipment.
- Use bad language or violence.
- Shout or scream across the hall.
- Interrupt others.
- Come to or leave a session without your parent(s)/carer(s) if you are below secondary school age.

What Can I Expect?

- To feel happy and safe within the club.
- To always have someone to talk to if I am unhappy.
 - I can speak to a coach or welfare officer with any problems.
- To be treated with respect and encouraged to achieve my goals.
- To be supported with any difficulties I have within the club.
- Coaches will not communicate (e.g. online/text) or meet with me alone outside of the club if I am under the age of 18.

More Information

Contact your coach or club welfare officer(s) with any questions.