



## Code of Conduct for Gymnasts at LX Gymnastics

Please Read Over These with Your Child.

- I will take part in the warm-up
- I will tie my long hair back (plain bobbles are best!)
- I should take my socks off or wear grippy socks to take part in gymnastics
- I will leave my jewellery at home (including stud earrings)
- I will listen to my coach
- I will only use the gymnastics equipment when my coach tells me to
- If anything happens that I am unhappy about I will tell my coach or an adult I trust
- I will remember that trying is very important I will be kind to others
- I will try my best and have fun