



# Essendon Keilor Gymnastics Academy

194-196 Roberts Rd Airport West 3042 | 03 9336 4077 | gymnastics@ekga.com.au

## Gymnast Conduct Agreement

**At EKGA we have three goals – To Teach Gymnastics, make it FUN and Keep the kids SAFE!** We believe in fostering a positive and productive training environment for all our gymnasts. To ensure the safety, growth, and success of our athletes we ask that both athletes and parents/guardians commit to the following conduct agreement.

### For Athletes:

1. **Uniform:** I will be in proper gym attire for every training session, including the required leotard for my group (as outlined in Club handbook).
2. **Jewelry:** I understand that the only acceptable jewelry during training sessions are stud earrings. Hoop earrings, necklaces, bracelets, facial / body piercings, and other jewelry items are not allowed due to safety reasons.
3. **Hair Standards:** I understand that if my hair is long, it should be securely tied up in a manner that prevents it from falling into or obstructing my face during training.
4. **No Phones:** I will not bring or use mobile phones or electronic devices into the gym during training sessions (unless granted permission by a coach for filming purposes).
5. **Punctuality:** I will arrive on time for every class, prepared and ready to participate.
6. **Personal equipment:** I will ensure I have all the necessary personal gymnastics equipment with me for each lesson.
7. **Attendance:** I understand that consistent attendance is crucial for my progress. I understand that I need to attend at least 80% of the scheduled classes to maintain a position in the program.
8. **Injury Reporting:** If I sustain an injury, I will promptly inform my coach and provide medical certificates or notes from a treating practitioner when returning to training. My safety and well-being are paramount.
9. **Behavior:** I will consistently demonstrate respect towards my coaches and classmates, diligently follow instructions, and commit 100% effort to my training.

### For Parents/Guardians:

1. **Support:** I will support my child's commitment to this Conduct Agreement by ensuring they adhere to the rules and expectations set forth for gymnasts.
2. **Attendance:** I will make every effort to ensure my child attends at least 80% of their scheduled classes. I understand the importance of consistent training for their development.
3. **Punctuality:** I will make every effort to ensure my child arrives on time for every class and is prepared and ready to participate. I understand that if they are late they may not be permitted to participate. I will walk them in to class and speak with the coach to find out if they are too late to join in.
4. **Injury Reporting:** In the event of my child sustaining an injury, I will promptly inform the coaching staff and provide any required medical documentation before they return to training or if they wish to train while injured.

By signing this agreement, both athletes and parents/guardians acknowledge their commitment to maintaining a safe and focused training environment for all gymnasts. We understand that adherence to these guidelines is essential for our gymnast's progress and overall well-being. I acknowledge that membership in a competitive class, and the privilege of representing the club come with the responsibility of upholding the highest standards of behavior, and I understand that talent alone will not protect me from consequences if I fail to do so. We acknowledge that if the agreement is not followed the gymnast will be removed from class.

Athlete's Name (Printed): \_\_\_\_\_

Athlete's signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Parent/Guardian's Name (Printed): \_\_\_\_\_

Parent/Guardian's signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Last review: October 2023

Next review due: October 2025



# Essendon Keilor

## Gymnastics Academy

194-196 Roberts Rd Airport West 3042 | 03 9336 4077 | gymnastics@ekga.com.au

Dear Families/Guardians,

We hope this message finds you well. At EKGA the safety, well-being, and overall experience of our gymnasts are of paramount importance to us. To ensure a positive and productive environment for all, we are introducing a Conduct Agreement for all gymnasts participating in our classes.

The Conduct Agreement addresses some specific issues we have observed in recent classes, such as:

1. **Dress Code:** Some gymnasts have not been following the dress code, which can compromise safety and the quality of training.
2. **Safety Rules:** We have noticed instances where safety rules were not adhered to, posing potential risks to the gymnasts themselves and others.
3. **Punctuality:** Arriving late disrupts the flow of our classes and can limit the amount of time each gymnast has to learn and practice.
4. **Effective Use of Time:** Some gymnasts are not utilizing their class time effectively, which not only impacts their own progress but also affects the experience of their classmates.

To address these concerns, we kindly request that both you and your gymnast review and sign the Conduct Agreement attached to this email. The Conduct Agreement outlines our expectations regarding dress code compliance, safety rules, punctuality, and respectful use of class time.

By signing the Conduct Agreement, you and your gymnast are committing to creating a safe, respectful, and focused learning environment for all participants. This agreement is designed to help us maintain the high standards we strive for at [Your Gymnastics Club Name].

We truly believe that adhering to these guidelines will lead to a more enjoyable and rewarding experience for everyone involved. We appreciate your cooperation in this matter, and if you have any questions or concerns, please do not hesitate to reach out to us.

Thank you for entrusting us with your child's gymnastics education, and we look forward to working together to ensure a positive and productive learning environment for all.

Sincerely,