



Code of Conduct

1. Introduction

Welcome to Evolution Gymnastics LLC's Code of Conduct. Our goal is to create a positive and safe environment where all participants can learn and grow.

2. General Guidelines

We value respect, sportsmanship, and safety above all else. Participants are expected to uphold these principles in all interactions.

3. Athlete Guidelines

Athletes are expected to demonstrate respect, sportsmanship, and a desire to learn and grow by engaging in responsible, safe, and appropriate conduct as outlined below.

- **Respect:**
 - Show respect to coaches, fellow gymnasts, officials, and all other participants.
 - Respect the rules of the sport and the spirit of fair play.
- **Sportsmanship:**
 - Display good sportsmanship, whether winning or losing.
 - Support teammates positively and encourage their efforts.
- **Safety:**
 - Always prioritize safety, using equipment correctly and following safety instructions.
 - Report any injuries or unsafe conditions to coaches immediately.
- **Responsibility:**
 - Take responsibility for your actions, both in and out of the gym.
 - Maintain a healthy lifestyle, including proper nutrition, rest, and avoiding harmful behaviors.
- **Conduct:**
 - Avoid inappropriate behavior, including bullying, harassment, and discrimination.
 - Dress appropriately for training and competition, adhering to the dress code.
 - Always try your best
 - Listen to and follow the directions of your coaches



4. Parent/Guardian Guidelines

Parents/guardians are encouraged to support their child positively, communicate respectfully with coaches, and ensure punctual attendance by following the guidelines outlined below.

- **Support:**
 - Support your child's participation and efforts in gymnastics.
 - Encourage a positive attitude towards training and competition.
- **Respect:**
 - Show respect to coaches, officials, and other gymnasts and their parents.
 - Respect the coach's decisions and the rules of the gym and competitions.
- **Involvement:**
 - Get involved in your child's gymnastics experience, attending meetings and events when possible.
 - Communicate with coaches about your child's progress and any concerns.
- **Encouragement:**
 - Focus on your child's enjoyment and effort, rather than just winning.
 - Encourage good sportsmanship and fair play.
- **Conduct:**
 - Avoid negative behavior, such as criticizing officials, coaches, or other gymnasts.
 - Ensure your child adheres to the code of conduct for athletes.

5. Coach and Staff Guidelines

At Evolution Gymnastics, we are committed to creating an environment that encourages growth for all athletes and members. We are committed to upholding the standards outlined below..

- **Respect:**
 - Treat all gymnasts, parents, and officials with respect and fairness.
 - Listen to gymnasts' concerns and encourage open communication.
- **Professionalism:**
 - Maintain a professional demeanor at all times, leading by example.
 - Keep up to date with the latest coaching techniques and safety protocols.
- **Safety:**
 - Ensure the training environment is safe and that gymnasts use equipment properly.
 - Be vigilant about injury prevention and provide appropriate first aid when necessary.
- **Development:**
 - Focus on the holistic development of gymnasts, including their physical, mental, and emotional well-being.
 - Encourage gymnasts to set and achieve personal goals.
- **Fairness:**



- Provide equal opportunities for all gymnasts to participate and compete.
- Make decisions based on merit, effort, and performance.
- **Integrity:**
 - Uphold the rules and ethics of gymnastics, ensuring fair competition.
 - Avoid any form of favoritism, bias, or conflict of interest.

6. Discipline and Consequences

Violations of the code of conduct will result in disciplinary actions, which may include warnings, suspensions, or expulsion from our community. The disciplinary action will be determined considering the seriousness of the infraction and the number of offenses.

7. Reporting Mechanism

Participants can report violations confidentially to any member of our staff. All reports will be investigated promptly and fairly. All violations of our code of conduct will be documented and retained for our records.

8. Acknowledgment and Review

All participants must read, understand, and sign the code of conduct. We will review and update this document annually to ensure its effectiveness.