**Club Codes of Conduct for Participants**

* Arrive punctually to your sessions and be physically and mentally ready to train
* If you have arrived early, wait quietly upstairs. It is unacceptable to cause any disturbance to the earlier session
* The atmosphere we aim to create is one of supporting and helping one another. Bullying and harassment of any description is not permitted
* No chewing gum or other loose items in the mouth are permitted
* Do not go on any apparatus without the permission of your coach
* If participants arrive late to a session, they must warm up thoroughly and independently
* Please follow our Dress Code – check the signs or ask a coach for details. Fingernails must also be kept short
* Please inform the coach of any injuries or illness
* Everyone learns at their own pace, but we expect you to always try your best and maintain a positive attitude to your learning
* Please ensure you have visited the toilet before the session and have brought a drink and where appropriate, a healthy snack with you to your session
* Please do not bring valuables to sessions. We will not be held responsible for loss or damage to personal effects
* Please treat all equipment with respect and assist with set up/take down where needed
* Listen to your coaches and act respectfully. Do not disrupt the learning of others.
* Freestyle and Open Gym Participants: ensure you have read and follow the House Rules at all times

V3 April 2017 AK