

**2024**

# **Parent Handbook**

*Bellissima*  
RG

## **Core Values:**

Excellence – Friendship – Growth

## **Vision:**

To encourage participation in Rhythmic Gymnastics, Aerobics and Dance, striving for excellence in both recreational or competitive streams in a positive environment focused on the empowerment, growth and well-being of each athlete.

*Bellissima RG stands for 'Beautiful Rhythmic Gymnastics'. We hope to use our beautiful sports to foster kind, caring, hard-working, determined, resilient athletes striving for excellence, who grow into beautiful, kind, productive members of society.*

## Meet our Coaches:

**Lara Neilsen:** Lara holds a Bachelor of Learning Management (Primary Education) and is passionate about educating young people, encouraging an active lifestyle and promoting the well-being of all children. She has been a rhythmic gymnastics coach since 1993 and began her journey with gymnastics in 1983 and promptly fell in love with the creativity and beauty of rhythmic gymnastics. Lara holds her Advanced Coaching accreditation in rhythmic and is starting her journey in coaching qualifications with Aerobics.

- Rhythmic Advanced Coach
- Kindergym Intermediate Coach
- Aerobics Intermediate Coach
- Rhythmic Gymnastics Beginner Judge
- Blue Card
- Bachelor of Learning Management (Primary Education)
- Current First Aid Certificate

**Amy Brassington:** Amy discovered her love of rhythmic gymnastics while watching her daughters thrive in the sport. Amy holds her Intermediate Judge and Intermediate RG Coach qualifications. Amy comes from a vast background of different work industries and holds a Bachelor of Science (Honours) and continues to love learning and educating young people.

- Rhythmic Intermediate Coach
- Rhythmic Gymnastics Intermediate Judge
- Blue Card
- Bachelor of Science (Honours)
- Current First Aid Certificate

**Jade Sibley:** Jade has been sharing her love of dance with the Gladstone community for 8 years, and has been teaching dance since 2013. Currently, Jade is the President for the Gladstone Dance Festival Association, and is passionate about providing opportunities for athletes to express themselves through dance. Jade has a Graduate Certificate in Social Science and continues her studies to enhance her dance repertoire to share with her athletes.

- Progressive Ballet Technique (currently studying)
- Cert IV in Dance Teaching and Management from the Australian Dance Institute
- Cert I Acrobatic Arts Teacher
- Graduate Certificate in Social Science
- Blue Card
- Current First Aid Certificate
- Bronze star examinations via ADA Jazz/ballet (honours), Tap (honours plus) (2004)
- Lead role and choreographer, GSHS, Beach Blanket Tempest, (2007) and other performance opportunities

**Megan Lohr:** Megan is a Gladstone girl who enjoyed dance and gymnastics growing up. She has pursued a career in sharing her love of dance and teaching others the importance of moving their bodies. Megan thrives on finding the little things that make a dancer different to an athlete (eyeline, arm position, facial expression, performance quality. Providing a happy, safe and positive learning environment is important to Megan, and she understands the needs of children, having completed her Certificate III in Early Childhood Care and Education and working within the early learning industry. Megan joins us with a wealth of experience and we are very excited to have her on our team.

- Advanced Diploma in Commercial Dance (Musical Theatre) from the Australian Dance Performance Institute - obtained in 2014
- Cert IV - in Fitness (Personal Training)
- Cert III - in Early Childhood Care and Education
- Accredited Beginner Coach (L1) from Gymnastics Australia

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### *Our Location:*

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Our training facility is located 4/5 Bramston Street, Gladstone Qld 4680.

Please note athletes are not to be dropped at the door, please park in the car park and walk from there.

Parents are to park in the car park only not along the side fence, in the interest of safety. Parents are also required to collect athletes from the side entrance to the gym where coaches/teachers can visually see them being collected. Please refrain from having your athlete walk to the car park unaccompanied.

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### *Registration Membership / Payment Policy*

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All Bellissima RG athletes are required to complete a registration form. It is a requirement of Gymnastics Australia that all members of our club are registered. If the form is not completed, you will not be able to proceed to the next step of the registration process and your child will not be permitted to commence class.

#### **Registration Fee:**

Registration and Insurance must be paid annually. This is due with the Term 1 fees each year. (Fee includes Bellissima RG Membership / Gymnastics Australia Registration and Insurance).

If your child is transferring from another club where GQ registration has been paid for the year, the registration component of the club membership fee will be waived. A transfer request will be put through to GQ to transfer your child from the previous club (see Athlete Transfer Policy on GQ website). Please ensure that you have no outstanding fees at the previous club before commencement at Bellissima RG, as our transfer may be declined by the previous club if there are outstanding fees.

If your child is currently registered with another club a multi-club athlete request will be submitted and the yearly registration cost is halved.

#### **Yearly Registration Costs:**

Recreational classes and Dance only: \$85/year

Rhythmic Gymnastics Levels Programs, Aerobics, includes dance: \$170/year

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## **Payment Policy:**

Our **Rhythmic and Dance Competitive classes** operate ‘Year Round’ with classes charged for 46 weeks (6 weeks of holidays and public holiday allowances) and averaged over the 12 months. We have allocated a three week break over the Christmas period (last two weeks of December and the 1<sup>st</sup> week of January). We also allocated 1 week of holidays in the Easter and September Holidays. We do not operate on Public Holidays so an additional week has been removed from the class fees, making up the 6 weeks that are not charged to parents. Payment for each months’ fees is due on the 1<sup>st</sup> of each month, gymnasts must have fees paid prior to training commences. There is a term based option for athletes training the minimum number of hours.

Our **Dance, Aerobics and Recreational Classes** operate ‘Term based’ with classes charged at 10 weeks taking into consideration public holidays. The fees must be paid prior to commencement of training. 1 Free trial class is available after which, Club Membership and fees are now payable.

All payments must be made to Bellissima RG by EFTPOS, Credit card or direct deposit, by the due date as stated on your invoice.

We do not refund for absences. No refunds/credits are given to athletes for missing classes when due to holidays and/or days off school. Your fees secure the position in the class and the cost to the club remains the same whether you attend or not. A make-up class if the athlete was sick can be had, however, this must be undertaken within the term you were absent and cannot be carried over to the next term. Classes are limited, so prior booking is required for a make-up class.

A discount on fees may be given due to injury. A minimum of two weeks out on injury and a doctor’s certificate is required. This will be judged on a case-by-case situation and requests are to be made in writing.

Should training fees or any other outstanding fees remain unpaid, the debt will be handed over to an external debt collection agency, all costs incurred by Bellissima RG will be passed on as additional fees.

It should be noted that registration transfer to any other gymnastics club in Australia will be refused until all fees are paid in full.

Upon following through with your child’s enrolment, you are acknowledging this policy and confirming compliance. Misconduct may result in your child being unenrolled in the program without a refund of fees.

Any changes or withdrawals from classes will require a two (2) week notification period, gymnasts may attend classes during this time. Fee refund or credit will be applied after the two (2) week period.

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## Class Descriptions and Costs

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### **CLASSES**

#### **Baby Belles: 1 x 45min class – Recreational Stream (Term Based)**

A movement/dance class designed for 2-4 year olds. Circuit based activities as well as dance and hand held apparatus activities to encourage gross motor and fine motor development. Activities will vary from week to week.

#### **Foundation Mini - 1hr class – Recreational Stream (Term Based)**

A fun class for Prep – 6 year olds where they can develop fine and gross motor skills while having fun with rhythmic gymnastics apparatus such as rope, hoop, ball ribbon and clubs. Movement to music is encouraged, athletes will do beginner acrobatics and aerobics, ballet and jazz routines to keep them moving and having fun.

#### **Foundation- 1hr class – Recreational Stream (Term Based)**

A fun class for 7-11 year olds where they can develop fine and gross motor skills while having fun with rhythmic gymnastics apparatus such as rope, hoop, ball ribbon and clubs. Movement to music is encouraged, athletes will do beginner acrobatics, ballet, jazz and aerobics dance routines to keep them moving and having fun.

#### **RG Multi – 1.5hr class – Recreational Stream (Term Based)**

A fun class for ages 9+ who have previously completed the foundation classes. This class continues to develop fine and gross motor skills with the rhythmic gymnastics apparatus and also includes working in pairs and trio routines.

#### **Level 1: 2hr class – Competitive Stream**

The beginning level of competitive rhythmic gymnastics. Competitions are a criteria based award system. Gymnasts learn foundation skills in body and apparatus fundamentals and learn routines for Freehand, Ball and Hoop routines. Dance and acrobatic fundamentals are taught in this class.

#### **Level 2: 4.5 hrs per week over two classes – Competitive Stream**

The foundation level of competitive rhythmic gymnastics. Competitions are a criteria based award system. Gymnasts build on the level 1 body skills of leaps/jumps, balances, pivots, waves, acrobatics and dance. Apparatus fundamentals for all handheld apparatus Rope, Hoop, Ball, Ribbon, Clubs will be developed. Athletes will learn individual routines for Freehand, Rope and Ball and multiple (groups / trio) routines will be developed.

#### **Level 3: 6hrs per week over two classes – Competitive Stream**

The first year of formal competitive rhythmic gymnastics. Competitions can be either be, a Traditional or a Carnival style competition. Body and Apparatus fundamentals continue to be extended and built upon the previous levels with the introduction of risks and apparatus difficulties. Athletes will learn individual routines for Freehand, Rope and Hoop and multiple (groups / trio) routines will be developed.

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## **Level 4 - 10: 10+ hrs per week over three classes – Competitive Stream**

Athletes are now learning more complex routines. Level 4 athletes will compete in individual routines in Freehand, Ball and Ribbon. Level 5 athletes will compete in individual routines in Freehand, Clubs and Hoop. Level 6 athletes will compete in individual routines of Freehand, Ball and Ribbon. Level 7-10 compete 4 routines. Level 7 athletes will compete the individual routines of Freehand, Ball, Clubs and Ribbon, Level 8 athletes will compete the individual routines of Freehand, Hoop, Clubs and Ribbon and Level 9-10 athletes will compete the individual routines of Hoop, Ball, Clubs, Ribbon. Athletes will be involved in Multiples (groups/trios) to add to their competition performances.

### **Sports Aerobics - 1hr class – Recreational Stream**

A fun and energetic class designed to build co-ordination, strength, flexibility in stylised dance routines. Athletes will be working on individual and/or group routines.

### **Tap/Jazz Mini - 45min class**

An introduction to dance through jazz and tap for ages 4-6yrs. Our young dancers will explore coordination, balance and flexibility while building strength through the arms, hips, legs and feet. The tap component of this class will have a strong focus on strengthening ankle movements.

### **Modern Junior - 45min class**

Our modern classes will encompass elements across multiple dance styles including Jazz, Contemporary and Lyrical for ages 6-9yrs. We will explore floor work, natural and stylistic interpretation while striving to be dynamic and self-confident. Dancers will develop individual performance skills, stamina and body awareness in a variety of skills.

### **Modern Intermediate - 1hr class**

Our modern classes will encompass elements across multiple dance styles including Jazz, Contemporary and Lyrical for ages 10-12. We will explore floor work, contract/release, natural movements and stylistic interpretation while striving to be dynamic and self-confident. Dancers will work to develop individual performance skills, stamina and body awareness through combo-based settings.

### **Modern Senior - 1hr class**

In addition to the above, Senior dancers will further explore movements to understand a multitude of variations ie, using turns and elevation. Senior dancers will enhance movements to convey individual aesthetic expression.

### **Tap Junior – 45min class**

A tap class to follow on from the mini class for dancers aged 6-9 years. In classes there will be further exploration into balance and flexibility while building strength and introducing focus on musicality.

### **Tap Intermediate - 45min class**

Intermediate tap dancers will have opportunities to explore tap as a percussive dance while building on fundamental tap steps developed in earlier years, ages 10-12 years. Our intermediate group will learn a variety of combinations, focusing on musicality and the fluidity/transitions between steps.

### **Tap Senior - 45min class**

Senior tap will further explore sound, tone and floor pressure, building confidence in tap abilities from ages 13+. Combinations will have higher difficulty, encompassing multiple tap steps and time signatures.



## **Ballet Junior – 30min class**

Ballet Junior classes aim to develop fundamental ballet techniques for dancers aged 5-7. Technique is developed through transfer of weight, ballet mechanics for turn out, foot articulation and arm positions as well as expression through movement.

## **Ballet Intermediate – 2 x 30min class**

Ballet Intermediate classes further explore ballet technique in dancers aged 8-10. Following on from junior classes and working more specifically on exercises to develop technique including body alignment, foot and leg positions and transfer of weight movement in space. Buzz words here. The class moves to incorporate steps learnt in our junior class and the ability to link these steps together.

## **Ballet Senior – 2 x 30min class**

Our Ballet Senior class is aimed for ages 11+ and advances ballet technique to musicality, linking fundamental skills together and more complex body alignments. This class also includes increased floor exercises and barre work.

## **Dance Performance Groups – Competitive Stream**

Creation of group eisteddfod pieces across all styles of dance offered at Bellissima RG. This group setting increases connection and commitment amongst our dancers. Performance Groups are via invitation and do have a prerequisite eligibility. To be eligible dancers must attend ballet classes (either at Bellissima or GDA), dance tech/conditioning, modern and/or tap and competition team choreography classes. Please refer to the Bellissima timetable.

## **Solos, Duos, Trios, Private Lessons**

For dancing athletes, the opportunity for private lessons is available on request. It is recommended that performing athletes attend ballet and modern/tap classes to ensure readiness for learning a competitive dance. Fee structure for Solos/Duos for dance creation is a set fee that encompasses dance creation, music, and three lessons to learn the new choreography. Should your child be interested in a new dance, please contact [info@bellissimarg.com.au](mailto:info@bellissimarg.com.au) for more information.

Should you wish to dance outside the Bellissima schedule then you must contact management for prior approval. If this requirement is not met you may be ineligible to compete under the Bellissima banner.

## **Trial Class:**

A **free** one-off trial class is given to all children who would like to come and give a class a trial. After this period, the athlete will need to enrol to continue attending a class.

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## Communication

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Communication with coaches regarding an athlete's progress is of the utmost importance. The best time to engage in communication with the class coaches is a brief discussion immediately after the training session. If time does not allow, then please send through an email and we will get back to you as soon as we can.

We would appreciate a quick message, should you know if your athlete will not be attending classes. Please send a message via the Bellissima RG Facebook page or via email [info@bellissimarg.com.au](mailto:info@bellissimarg.com.au)

We always strive to provide a quality program, should you have any questions or concerns please contact us, to allow us an opportunity to amend or explain what is happening.

All Enquiries: [info@bellissimarg.com.au](mailto:info@bellissimarg.com.au)

Facebook: **Bellissima RG** – to keep up to date with current events / future events happening in our club.

Website: [www.bellissimarg.com.au](http://www.bellissimarg.com.au)

Messenger Group: [Bellissima RG Parent Group](#) and [Bellissima Dance Parent Group](#)– should important time bound messages need to be sent to parents.

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## Training

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### **Arrival:**

Please ensure your athlete arrives 5-10 minutes before class starts and that they are dressed appropriately with hair back neatly ready for class. Please wear slip on shoes into and out of the gym, this helps to keep our mats clean.

We ask the athletes to wait quietly in the waiting area until they are called for class. We encourage 'face to face quiet conversations' with your friends while you are waiting, keep your device in your bag for later. 😊

### **Training-what to wear**

Athletes need to wear tight fitting clothes, eg. Leotard/singlet (no crop tops please) and tights or bike shorts. Please check out our Bellissima RG Boutique for fun options to wear to training. All athletes must wear shoes into and out of the gym facility.

**Rhythmic:** Socks or toe shoes may be worn. **Dance:** appropriate footwear for each style of dance (tan preferred for tap and jazz shoes), shoes to be put on once in the gym. **Aerobics:** clean white sneakers are required for training (please ensure these are not worn outside the gym hall, keep them clean to be able to compete and to work on the mats).

Hair should be tied back neatly out of the face preferably a high bun .

No jewellery to be worn to training, particularly watches, must be removed for safety.



## **Training – what to bring**

A **named water bottle**, sweat towel, socks/toe shoes, warm jacket for post training in winter, the athletes own apparatus for rhythmic classes (although for beginning classes, we have plenty of apparatus to share).

Should you wish to order rhythmic equipment for your athlete, please stop in at the Bellissima RG Boutique, we often send a group order, to keep postage costs down. We are happy to help you out.

## **Are parents permitted to watch classes?**

Yes, parents can stay and watch from the side roller door area. Given our extended dance and rhythmic floors in the interest of safety we ask parents to stay in the side roller door/desk area, not inside the gym, or on the purple floor, due to the limited space. We ask that you also please keep siblings in this area and not on the mats/floor in the gym. We have a large enclosed outdoor space with tables situated in a shaded area.

Note: Coaches may ask you to consider not watching, should there be a distraction for your athlete.

Our Baby Belle program is a parent/athlete class, so parents are required to stay and assist their little 'belle' around the circuits.

## **Do classes continue throughout the school holidays periods?**

Yes, for our competitive rhythmic/dance programs. Other classes run to a school term with 4 x 10 week terms.

## **Does every athlete have to compete?**

Competition is not compulsory, and athletes are welcome to train at a Recreational level or progress through the levels program and remain non-competitive.

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## *Accident / Emergency Procedures:*

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Should an accident requiring treatment occur during training, Coaching Staff will contact the athletes parent and/or emergency contact. Should the Ambulance Services be required, Coaching Staff will contact them immediately. All incidents relating to injury or illness are recorded via an Incident Report Form and filed with the Coach.

A fully stocked First Aid Kit is available at the Bellissima RG venue.

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## *Volunteering with Bellissima RG:*

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We are a family focused, community minded club and we encourage families to become involved. Do you have a special skill you wish to share or a passion to help young people? In our club, there will be many opportunities to share your skills and enthusiasm.

We are happy to work with you to see how you can become a valuable member of the 'Bellissima Bunch' our amazing volunteer crew. All volunteers must have a blue card prior to commencing with volunteering – please come and have a chat with us.

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## *Weather Policy*

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### **Hot Weather:**

If the temperature is forecast to be 40°C or above on the BOM website, classes will be cancelled and a make-up class will be scheduled. During Summer when the forecast indicates hot weather, please ensure that athletes bring extra water to keep hydrated.

### **Cold Weather:**

In Winter, when venues may be quite cold, please ensure that gymnasts wear appropriate attire to keep warm – eg. Leggings, stirrup tights, leg warmers, back warmers.

### **Extreme Weather:**

In the event of extreme weather conditions, eg. High-speed winds, heavy rainfall and severe weather warnings, the Coach may choose to cancel training as a safety measure to all athletes, coaches and parents. In this case, arrangements will be made and a make up class will be scheduled.

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## Competitions

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### **Competition Entry Fees:**

These fees are additional to the class fees and yearly registration fee.

The latest competition Calendar will be on our website and posted in the gym. Please check online to stay up to date with upcoming events. Changes may occur to the calendar throughout the year. Check with Amy or Lara for the latest update.

### **Competition What to Wear:**

When competing at a competition the gymnasts are required to wear the following:-

#### **Rhythmic:**

Level 1 & 2 – Club tracksuit– club leotard.

Level 3 to 10 – Club tracksuit – coach approved leotards.

For any National competitions, club tracksuit must be worn.

Toe shoes: Toe shoes can be worn for training and competition, rather than socks.

For competition requirements and dress regulations please see Lara or Amy.

#### **Dance:**

Club tracksuit jacket and Bellissima leggings or bike pants.

Jazz and tap shoes will be tan in colour.

#### **Aerobics:**

All: Club leotard, club tracksuit, stockings, white socks, white shoes.

### **Competition – What to Bring:**

In your bag, you will need:

-club tracksuit – black or Bellissima training attire for warm up – runners – competition leotard/leotards – body stocking or nude underwear to wear under the competition leotard/costume (as necessary), appropriate footwear for your discipline – hair stuff: bun net, open bun pins, bobby pins, brush, hairspray, sparkly pins – toe shoes (if necessary) – make up – water bottle – snack – sweat towel – Apparatus.

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## *Video and Photography*

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Upon enrolling your athlete with Bellissima RG, we ask you to sign a media waiver release form giving Bellissima RG absolute right and permission to take in respect to photographs and videos in which your athlete may or may not be included with others for use for promotional marketing materials both in print and online as the club sees fit.

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## *Privacy*

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We are committed to providing members with the highest levels of membership services. This includes protecting members' privacy. Bellissima RG is bound by the Commonwealth Privacy Act 1988, which sets out many principles concerning the protection of an individual's personal information.

The aim of these laws is to ensure that organisations handle personal information responsibly and provide a consistent approach to its collection, use and disclosure. These laws also give the individual rights such as access to their personal information and the ability to correct it, if needed.

What is personal information?

“Personal Information” is information or an opinion (including information forming part of a database), whether true or not, and whether recorded in material form or not, about an individual whose identity is reasonably apparent, or can be reasonably ascertained from the information or opinion.

Bellissima RG collects personal information to carry out its functions properly and efficiently, including to provide you requested products and services, and to facilitate the provision of marketing and promotion services that may be of interest to you.

Bellissima RG uses personal information only for the purposes for which it was provided and for directly related purposes (unless otherwise required by or authorised under law). We may state a more specific purpose at the point we collect your information.

If you do not provide us with the information that we request, we may not be able to provide you with our products or services.

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## *Social Media Policy*

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*We want to have a positive, informative and uplifting space to visit. Before posting, please consider that your comments fulfil these criteria. If you have concerns please email us directly and allow us an opportunity to discuss it with you privately.*

When using our social media channels, please ensure that you:

- \* Protect your personal privacy and that of others by not including personal information about yourself or others in your posts to our social media channel (for example, email addresses, private addresses or phone numbers.
- \* Represent your own views and not impersonate or falsely represent any other person.
- \* Are not abusive and do not harass or threaten others.
- \* Do not make defamatory or libellous comments.
- \* Do not use insulting, provocative or hateful language.
- \* Do not use obscene or offensive language.
- \* Do not post material to our Social media channels that infringes the intellectual property rights of others.
- \* Do not make excessive postings on an issue.
- \* Do not promote commercial interests in your posts to our social media channels.
- \* Do not include internet addresses or links to websites, or any email addresses in your post to our social media channels.

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## *Athlete - Code of Conduct*

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In addition to Gymnastics Australia's General Code of Behaviour, you must meet the following requirements regarding your conduct as a participant during any activity held or sanctioned by Gymnastics Australia, a Member Association or an affiliated club.

- \* Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators.
- \* Do not tolerate acts of aggression.
- \* Respect the talent, potential and development of fellow athletes and competitors.
- \* Care for and respect the equipment provided to you as part of your program.
- \* Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- \* At all times avoid intimate relationships with your coach.
- \* Conduct yourself in a professional manner relating to language, temper and punctuality.

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- \* Maintain high personal behaviour standards always.
  - \* Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
  - \* Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
  - \* Cooperate with coaches and staff in development programs to adequately prepare you for competition at the highest level.
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## Parent – Code of Conduct

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As a Parent/Guardian of an athlete/participant in any activity held by or under the auspices of Gymnastics Australia, a member association or an affiliated club, you must meet the following requirements regarding your conduct during any activity or event.

- \* Respect the rights, dignity and worth of others.
  - \* Remember that your child participates in sport for their own enjoyment, not yours. Focus on your child's efforts and performance rather than winning and losing.
  - \* Never ridicule or yell at your child and other children for making a mistake or losing a competition.
  - \* Show appreciation for good performance and skilful plays by all athletes (including opposing athletes).
  - \* Demonstrate a high degree of individual responsibility when dealing with or new persons under 18years of age, as your words and actions are an example.
  - \* Respect officials' decisions and teach children to do likewise. Do not physically or verbally abuse or harass anyone associated with the sport (athlete, coach, judge, administrator & so on).
  - \* Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
  - \* Be a positive role model.
- \*If you have any questions or concerns in relation to your child's classes or placement please discuss directly with class teachers or owners. Refrain from discussing these concerns with other parents.
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## Coach – Code of Conduct

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To present a professional image and as an accredited Gymnastics Coach, all coaches should:

Abide by the rules of Gymnastics Australia as set forth in its constitution and by-laws.

- \* Follow procedures for enforcement of the Code of Ethics.
  - \* Accept any judgments made.
  - \* Use the established procedures for challenging a competitive result, contesting a team selection decision, complaining about the conduct of another member, or attempting to change policy of Gymnastics Australia.
  - \* Direct observations and recommendations regarding all aspects of gymnastics to the appropriate persons for the betterment of the sport.
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- \* Be constructive in criticisms and direct comments and observations to the relevant individuals and organisations, to avoid gossip innuendo and malicious comment.
  - \* Respect the efforts of appointed and elected representatives of Gymnastics Australia.
  - \* Represent yourself in an honest and professional manner, without bring the coaching profession or Gymnastics Australia into disrepute.
  - \* Use accreditation status and Technical Membership of GA to represent ability in an honest manner, not to gain unwarranted favours.
  - \* Be professional in and accept responsibility for personal actions.
  - \* Extend professional courtesy to other coaches, athletes and their parents by keeping them informed in matters relevant to athlete's training programs.
  - \* Abide by & respect the regulations governing sport & the organisation & individuals administering those regulations.
  - \* Be a role model for the sport and athletes.
  - \* Respect the rights, dignity and worth of every human being within the conduct of involvement in gymnastics.
  - \* Exercise a standard of care consistent with competence and obligations as a coach.
  - \* Coach within the limits of competence as a coach.
  - \* Follow GA safety guidelines in respect of the duty of care owed to the athlete.
  - \* Provide planned and sequential training programs based on the individual development needs of athletes.
  - \* Modify the training program for injured athletes based on appropriate medical advice when required.
  - \* Provide a safe training environment for participants in training and competition.
  - \* Provide a quality service to athletes and to the sport.
  - \* Maintain or improve my current NCAS accreditation.
  - \* Seek continual improvement through performance appraisal and ongoing coach education.
  - \* Honour the responsibilities give to a coach by keeping all relevant qualifications up to date.
  - \* Work to ensure my athlete's time spent with me is a positive experience.

Promote and assist in the development of the coaching profession.

- \* Assist others to develop good attitudes, skills and knowledge relating to the sport.
- \* Promote and assist in the education of other coaches.

Put athlete's welfare first; making decisions based on the best interests of my athletes sporting, education and vocational careers.

- \* Acknowledge the individual talents and potential of athletes.
- \* Maintain a balanced emphasis of sporting involvement within educational and career objectives.
- \* Show leadership, and support efforts to remove the abuse of drugs in sport.
- \* Abide by the regulations of the relevant national and international sporting and government bodies.

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\* Respect the health & dignity of athletes to compete based on their abilities, within the rules of the sport of gymnastics.

Encourage, by example, the removal of any form of personal abuse or inappropriate discrimination.

\* Refrain from verbal, physical or emotional abuse.

\* Refrain from any form of sexual harassment towards athletes and colleagues.

\* Refrain from using the influence of a coaching position to encourage inappropriate intimacy between coach and athlete.

\* Refrain from any discriminatory practise based on race, religion, ethnic background, or special ability/disability of athletes.

\* Be alert to any forms of abuse towards or from other sources whilst they are in my care.

\* Ensure physical contact with athletes is appropriate and necessary for the athletes' skill development.

\* Ensure spotting methods and philosophy are consistent with established principles.

\* Ensure spotting is used only to facilitate learning or safe performance.