



# Code of Conduct

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## 1. Purpose

*This Code of Conduct defines the standards of behavior expected from all members of our gymnastics community — athletes, coaches, parents, and volunteers.*

*Our goal is to ensure a **safe, respectful, and supportive environment** where everyone can enjoy gymnastics and reach their potential.*

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## 2. Core Values

*We commit to:*

- **Respect** – for ourselves, others, and our facilities.
  - **Integrity** – being honest, fair, and responsible.
  - **Safety** – physical and emotional well-being come first.
  - **Teamwork** – supporting and uplifting each other.
  - **Excellence** – striving for improvement through positive effort.
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## 3. Expectations for Athletes

- *Arrive on time, ready to train, and with a positive attitude.*
  - *Listen to your coaches and follow instructions respectfully.*
  - *Treat teammates, coaches, and competitors with kindness and encouragement.*
  - *Use appropriate language, no teasing, bullying, or exclusion.*
  - *Respect the gym equipment and keep training areas clean and safe.*
  - *Report any injuries, unsafe behavior, or discomfort to a coach immediately.*
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#### **4. Expectations for Coaches and Staff**

- *Provide a safe and positive environment for all athletes.*
- *Model respect, fairness, and professionalism at all times.*
- *Avoid favoritism, discrimination, or inappropriate behavior.*
- *Maintain clear professional boundaries — no physical contact unless appropriate for safety or skill assistance.*
- *Be vigilant for signs of distress, injury, or bullying, and address concerns immediately.*
- *Keep all personal information about athletes confidential.*

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#### **5. Expectations for Parents and Guardians**

- *Encourage your child positively — focus on effort, not just results.*
- *Respect coaches' decisions and support their authority during training and competitions.*
- *Never engage in negative comments toward coaches, athletes, judges, or other parents.*
- *Address concerns privately and respectfully with staff, not during class or competition.*
- *Promote healthy habits — adequate rest, nutrition, and balance with school life.*

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#### **6. Social Media and Communication**

- *Posts on social media should reflect respect for the club, athletes, and staff.*
  - *Do not share photos or videos of minors without consent.*
  - *Online bullying or negative comments are strictly prohibited.*
  - *Communication between athletes and coaches should remain professional and transparent.*
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## 7. Reporting and Integrity

- Any form of harassment, discrimination, or abuse will not be tolerated.
- Concerns or incidents should be reported to the **Head Coach** or **Vice President** (Confidential).
- Reports will be handled promptly, fairly, and with discretion.

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## 8. Disciplinary Actions

Violations of this Code may result in:

- A verbal or written warning.
- Meeting with parents/guardians.
- Suspension from classes or events.
- Expulsion from the program in serious or repeated cases.

All actions aim at **education, accountability, and safety**, not punishment alone.

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## 9. Acknowledgment

All members — athletes, parents, and staff — are required to read and agree to this Code of Conduct before participating in any gymnastics activity.

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## 10. Signature

I have read and understood the **Elevate Gymnastics Curaçao** Code of Conduct and agree to uphold it.

Name:

Date:

Signature:

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*“Train, Trust, Elevate”*