



Gymnastics  
New South Wales



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# GYMNASTICS NSW COACH CODE OF BEHAVIOUR

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## Coach Code of Behaviour

In addition to Gymnastics NSW General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Gymnastics NSW a member association or an affiliated club and in your role as a coach appointed by Gymnastics NSW, a member association or an affiliated club:

1. Do not tolerate acts of aggression.
2. Provide feedback to gymnasts and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise gymnasts' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, sports scientists, doctors and physiotherapists).
4. Treat all gymnasts fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate gymnasts' independence and responsibility for their own behaviour, performance, decisions and actions.
6. Involve gymnasts in decisions that affect them.
7. Encourage gymnasts to respect one another and to expect respect for their worth as individuals regardless of their level of participation.
8. Ensure that the tasks and/or training set are suitable for age, experience, ability, and physical and psychological conditions of the gymnasts.
9. Ensure any physical contact with gymnasts is appropriate to the situation and necessary for the gymnast's skill development.
10. Be acutely aware of the power that you as a coach develop with your gymnasts in the coaching relationship and avoid any sexual intimacy with gymnasts that could develop as a result.



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11. Avoid situations with your gymnasts that could be construed as compromising.
12. Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
13. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your gymnasts.
14. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
15. Know and abide by rules, regulations and standards, and encourage gymnasts to do likewise. Accept both the letter and the spirit of the rules.
16. Be honest and ensure that qualifications are not misrepresented.