

Yellowknife Gymnastics Club
Elaine Keenan Bengts Gymnastics Centre
PO Box 2571
Yellowknife NT X1A 2P9
867-920-7771



YKGC Competitive Gymnastics Team Athlete Code of Conduct

As a member of the Yellowknife Gymnastics Club Competitive Gymnastics Team, I understand that I represent myself, my teammates, my coaches, my club, and the sport of gymnastics. I have a responsibility to demonstrate commitment, respect, and positive behaviour both inside and outside of the gym.

Athlete Conduct and Team Representation

I will:

- Conduct myself in a manner that positively represents my team, the club, the sport of gymnastics, and myself.
- Demonstrate good sportsmanship at all times, regardless of outcomes, results, or challenges.
- Be a positive role model and encourage other gymnasts.
- Treat teammates, coaches, officials, administrative staff, volunteers, parents, and visitors with respect.
- Use appropriate language and behaviour at all times. Foul, abusive, or disrespectful language will not be tolerated.
- Respect the learning environment of others and avoid behaviours that distract, interrupt, or interfere with training.
- Contribute to a positive, inclusive, and supportive team culture where all athletes feel valued and welcome.

Training Commitment and Athlete Responsibility

I understand that being a competitive gymnast requires dedication, effort, and accountability. I will:

- Arrive on time, prepared, and ready to train.
- Attend practices regularly and communicate any absences or lateness to the club office or coaching staff.

- Come prepared with all required equipment, including grips, tape, and other training necessities.
- Wear appropriate gymnastics attire that allows for safe training, as outlined in the handbook.
- Hair must be tied back securely. No jewelry, gum, bobby pins, or loose/baggy clothing are permitted during training.
- Bring appropriate snacks and water to support my training.
- Maintain a positive attitude and give my best effort during practices and competitions.
- Accept coaching feedback and corrections respectfully and work to apply them.
- Communicate with my coach regarding injuries, illness, concerns with skills, or challenges with teammates.
- Take ownership of my development by setting goals, working hard, and continuing to improve.

Training Environment and Safety

I will help create a safe, productive, and enjoyable training environment by:

- Following all safety rules, instructions, and expectations set by coaches and staff.
- Demonstrating self-discipline and responsibility.
- Waiting safely and respectfully for my turn.
- Using equipment appropriately and efficiently.
- Staying focused while training and refraining from unnecessary talking on apparatus.
- Maintaining equipment and helping keep the gym organized (returning mats, preparing equipment, and assisting when requested).
- Keeping my personal area, locker, and belongings clean and organized.
- Reporting unsafe situations, injuries, or concerns to a coach or staff member.

Respectful Behaviour and Safe Sport

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I understand that every athlete has the right to train in a safe and respectful environment. I will:

- Treat all individuals with dignity and respect.
- Support my teammates and celebrate their successes.
- Ensure that all team members feel included and valued.
- Refrain from bullying, harassment, intimidation, discrimination, or any behaviour that may negatively impact another person's emotional or physical well-being.
- Respect personal boundaries and follow all Safe Sport expectations.
- Respect club property, equipment, and facilities. Theft, vandalism, or intentional damage will not be tolerated.

Social Media and Online Conduct

I understand that my online actions can impact myself, my teammates, and the club. I will use social media responsibly.

Social media must not be used for:

- Bullying, harassment, or threatening behaviour.
- Sharing explicit or inappropriate content.
- Using profanity or offensive language.
- Posting disrespectful comments or content about teammates, coaches, officials, club staff, board members, parents/guardians, or the club.
- Sharing private team or club information without permission.

Substance Use

Athletes are expected to make responsible choices that support their health, safety, and athletic development.

- The use, possession, or distribution of illegal substances is not permitted.
- Athletes must follow all applicable laws and club expectations regarding substance use.

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Code of Conduct Violations and Consequences

Failure to follow this Code of Conduct may result in disciplinary action. The response will depend on the severity and circumstances of the situation.

Possible consequences include:

First Offense: Verbal warning and discussion with athlete.

Second Offense: Parent/guardian and coach meeting.

Third Offense: Suspension from training and/or club activities.

Serious violations may result in immediate suspension or removal from the Competitive Team Program. Athletes not participating effectively during training may be sent home.

Athletes who receive a suspension during the season may be restricted from participating in club travel, competitions, or team activities during the suspension period and may remain ineligible for future travel opportunities at the discretion of the coaching staff and club leadership.

By being a member of the Yellowknife Gymnastics Club Competitive Team, I agree to uphold these expectations and contribute to a positive, respectful, and successful team environment.