

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



YKGC Recreational Gymnast Code of Conduct

As a member of the Yellowknife Gymnastics Club recreational program, I understand that I have a responsibility to:

Be Respectful and Positive

- Conduct myself in a way that shows respect for my coaches, gymnasts, families, the club, and the sport of gymnastics.
- Be a good sport and encourage others, regardless of skill level or ability.
- Be a positive role model for other gymnasts.
- Always use appropriate language and behaviour.
- Allow others the opportunity to learn by not interrupting or distracting during classes.
- Treat coaches, staff, volunteers, and other gymnasts with respect.
- Help create a welcoming environment where everyone feels included and supported.
- Refrain from any behaviour that could negatively impact the emotional or physical safety of myself or others. Bullying, harassment, or unsafe behaviour will not be tolerated.

Participate with a Positive Attitude

- Come to gymnastics ready to learn, have fun, and improve my skills.
- Listen to my coach's instructions and try my best to apply corrections.
- Ask for help when I am having difficulty with a skill or need support.
- Stay focused and participate actively during class.
- Use equipment and practice time appropriately.
- Wait patiently and safely for my turn.
- Refrain from talking while coaches are giving instructions or while others are learning.

Help Keep the Gym Safe

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- Follow all safety rules and coach instructions.
- Tell my coach if I am injured, feeling unwell, or unable to participate safely.
- Use equipment properly and help keep the gym organized.
- Help return equipment when asked.
- Keep my personal belongings and locker area clean and tidy.
- Leave food and drinks in designated areas only.

Come Prepared for Gymnastics

I understand that being prepared helps me and others have a successful class. I will:

- Arrive on time and ready to participate.
- Wear appropriate gymnastics clothing (leotard, fitted athletic clothing, or approved gym attire).
- Have long hair tied back securely.
- Remove jewelry, avoid chewing gum, and avoid loose or baggy clothing that may be unsafe.
- Bring a water bottle and any required items.
- Let the office or my parent/guardian notify the club if I will be absent or late.

Respect Others

- Be kind, supportive, and encouraging toward other gymnasts.
- Respect differences in ability, experience, and learning pace.
- Follow directions from coaches and staff.
- Respect the equipment, facility, and property of others.
- Understand that damage or theft of property is not acceptable.

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Social Media Expectations

I understand that social media and online communication should reflect the same respect expected at the gym.

Social media must not be used for:

- Bullying or harassment.
- Sharing inappropriate or explicit content.
- Using profanity or disrespectful language.
- Posting negative or disrespectful comments about gymnasts, coaches, staff, the club, or families.

Consequences

If I do not follow this Code of Conduct, the club may take the following steps depending on the situation and severity:

First Offense: Verbal reminder or warning.

Second Offense: Parent/guardian and coach discussion.

Third Offense: Suspension or removal from the program.

Serious incidents may result in immediate suspension or removal from the program.

By participating in the Yellowknife Gymnastics Club recreational program, I understand that my actions impact myself, my classmates, my coaches, and the overall gym environment. I will do my best to be respectful, responsible, and ready to learn.