

# CODE OF CONDUCT



## JOLLY COACHES...

### ARE JOLLY!

We are friendly.  
We have fun.  
We smile because it is contagious!

### ARE PROFESSIONAL

We have high standards.  
We maintain qualifications and only coach within our remit.  
We check equipment and ensure it is set up correctly.  
We dress appropriately, with long hair tied back and no jewellery.  
We respect confidentiality.

### FOLLOW PROCESSES

We record incidents and know when to report them.  
We ensure we are not left alone with a child.

### CARE ABOUT OUR LITTLE ONES

We see our little ones as children first, and gymnasts second.  
We get to know them individually.  
We listen to what they have to say.

### CARE ABOUT OUR CLASSES

We plan our sessions and give them a lot of thought.  
We tailor sessions depending on age, ability and individual needs.

### ARE POSITIVE

We try to boost confidence.  
We make sure little ones know what they are good at.  
We give feedback that is positive and helpful.

### GIVE GYMNASTS CHOICE

We give our gymnasts opportunities to choose what they do.  
We never make someone do something they don't want to.

### VALUE SAFETY, FUN & PROGRESSION (IN THAT ORDER)

It is important to us that our gymnasts improve, but it is more important they enjoy themselves and even more important they are safe.

## JOLLY PARENTS...

### GET THE LITTLE ONES READY!

We do our best to get our little monkeys to gym on time and understand they may be unable to take part if they miss Warm Up. We make sure they're dressed in comfortable clothes without zips or buckles, with long hair tied back and no jewellery. We don't bring them if they're unwell/have been sick within 48hrs.

### TRUST THE COACHES

We let the coaches coach.  
We know the coaches will deal with behaviour within class.

### COMMUNICATE

We use proper channels to communicate with the club.  
We talk to a coach about our concerns (however small).  
We give feedback in a positive, helpful way.

### SET AN EXAMPLE

We use good language suitable for 'little ears'.  
We speak positively about others.  
We promote healthy habits and don't smoke nearby.

### ARE SUPPORTIVE

We want the best for all of the Jolly Gymnasts, not just our own.  
We reward effort rather than achievement.

### RESPECT WHERE WE ARE

We help to keep Avian Dance Studios clean and tidy.  
We consider other users of the Studios.

## JOLLY GYMNASTS...

### WANT TO LEARN

We love what we do and we are here to learn.

### ARE A TEAM

We support each other and cheer each other on.  
We involve everyone.  
We enjoy seeing our friends doing well.  
We take turns.  
We are kind and encouraging.  
We are polite.

### ARE GOOD LISTENERS

We listen to each other and our coach.  
We concentrate and try to remember what has already been said.

### TALK TO COACHES

We tell a coach if we feel unwell or worried.  
We make sure a coach knows where we are if we need the toilet.

### RESPECT WHERE WE ARE

We look after the Jolly Gymnastics equipment.  
We tidy up together; more hands make light work!  
We help to keep Avian Dance Studios clean and tidy.