



## Dimensions Trampoline Club

### Code of Conduct for Participants

As a member of Dimensions Trampoline Club you are expected to abide by the following club rules:

- All members must participate within the rules and respect Coaches, Assistant Coaches, fellow club members, opponents, judges and the decisions they make.
- Members should keep to agreed timings for training and competitions, or inform their Coach via the Club email address if they are going to be late or absent.
- Members must wear suitable attire for training and events as per the Dimensions Dress Code/Cothing Policy.
- Members should bring an adequate size drink to every session, (preferably water) in a plastic bottle with a non-spill top.
- Members should treat all equipment with respect.
- Members must inform the Coach of any injuries or illness they may have before the warm-up begins. By attending the session we will assume you are fit to bounce.
- If you are injured or not fit for Trampolining please do not take part. (e.g. 1 weeks rest may prevent a more serious injury occurring which could have a much longer recovery period).
- Members should remain in the hall at all times unless given express permission by their coach to leave.
- Members under 8yrs old may only leave the hall if accompanied by their parent/guardian who must stay on the premises throughout their session.
- Mobile phones etc. should be switched off and left at the side of the hall during training sessions.
- Members should not eat or chew gum during a session.
- Members must not use bad language.
- Members must not smoke, consume alcohol or take drugs of any kind.
- Members should remain with coaches at the end of a session until collected by their parent or guardian.
- ENJOY YOUR JUMPING