



As a member of the Windsor Calisthenics Club, certain behaviours are expected.

PARTICIPANTS

- Be an active team member and represent the Club with pride.
- Be a good sport. Treat all participants in your sport as you would like to be treated.
- Be polite, use appropriate language and respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Cooperate with your coach, team mates and opponents.
- Be prepared for class. Be committed, punctual, wear appropriate calisthenics attire and attend all weekly training sessions and extra practices. If unable, for a valid reason to do so, inform your coach as soon as possible.
- Be committed to your team and your club. Work equally hard for yourself and your team.
- Be honest with your coach about illness and injury and your ability to train fully. Provide copies of medical advice where appropriate.
- Participate for your own enjoyment and benefit.
- Display courtesy and act respectfully towards team members, coaches, adjudicators and fellow competitors.
- Avoid individual or collective behaviour, which may be regarded as offensive, disruptive or inappropriate.
- Follow the rules set out by Windsor Calisthenics Club, the ACF (Australian Calisthenics Federation) and CASA (Calisthenics Association of South Australia).
- Make no detrimental statements in public (including statements on social media e.g. Facebook, twitter, Instagram, etc) in respect of the performance of any team members, coaches or club officials. If you have an issue, please inform your coach as soon as possible so that it can be addressed.

PARENTS

Parents/Guardians are also bound by the above code. They should also:

- Actively demonstrate and encourage appropriate behaviour.
- Ensure your child attends all classes, is punctual and dressed in appropriate calisthenics attire.
- Encourage your child to participate, do their best and have fun.
- Focus on the effort, performance and development of your child.
- Let the coach do the coaching.
- Respect all decisions made by coaches, adjudicators and officials.
- Discuss concerns or problems with club management in an appropriate manner as early as possible.
- Display control, respect and professionalism to all involved with calisthenics – competitors, coaches, officials, administrators, parents and other spectators.
- Be a role model by supporting your child.
- Applaud effort and hard work, as well as success.
- Assist in club activities where possible.

Breaches of the Code of Conduct will be dealt with on an individual basis.

Breaches of this Code of Conduct may result in the following consequences:

- verbal or written warning to the participant/parent/guardian
- removal of participant/parent/guardian from the team/club