

## ATHLETE CODE OF CONDUCT

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### PURPOSE AND SCOPE

As an athlete with Catalyst Allstars CIC, we need you to follow this guidance to make sure everyone can take part in cheerleading, or any other activities we organise, safely.

#### ***The essentials:***

- ★ keep yourself safe by listening to our staff and following their instructions
- ★ be responsible for your own behaviour
- ★ when you're with us, don't wander off or leave without telling a member of staff
- ★ look after our equipment and the gym as if they were your own
- ★ arrive at class and be on the mats ready to start on time and if you're running late, ask the adult responsible for you to let a member of staff know by emailing [hello@catalystallstars.co.uk](mailto:hello@catalystallstars.co.uk)
- ★ wear appropriate kit for your classes (season T-shirt and branded kit if possible) and bring something to drink
- ★ do not smoke, drink alcohol, or take drugs in the gym, during classes, at competitions or if you're representing us (or wearing our kit)
- ★ tell us if something isn't right or if someone does something that makes you uncomfortable

#### ***We also need you to:***

- ★ respect and celebrate the differences between us as individuals, and not treat anyone differently because of their gender, race, sexuality or ability
- ★ report any bullying (including homophobia or transphobia) you experience to a member of staff, even if you're just a witness

- ★ treat your teammates with respect, and appreciate that everyone has different levels of skill and talent
- ★ make our gym, and our classes, a welcoming and friendly place to be
- ★ support and encourage your teammates - tell them when they've done well and be there for them when they're struggling
- ★ respect and be kind to our staff, the staff and athletes from other teams, and anyone else you encounter when you are representing us
- ★ be a good sport, celebrate when we win and be gracious when we lose
- ★ only do skills that our coaches have said you can do safely, and don't try new skills without asking a coach first
- ★ have fun and enjoy your classes
- ★ follow our online safety and social media policy
- ★ get involved in events, and share your thoughts and ideas with us - it's your team too

***Remember, you have the right to:***

- ★ enjoy the time you spend with us and to know that you're safe in our gym
- ★ talk to any member of staff if something's not right, and be taken seriously
- ★ be listened to
- ★ be included in events and activities
- ★ be involved and contribute towards decisions that affect your team when we ask
- ★ be respected by our staff and your teammates, and be treated fairly
- ★ feel welcomed, valued and not judged based on your race, gender, sexuality or ability
- ★ be encouraged and develop your skills with our help
- ★ be properly looked after if there's an accident or injury, and have your parents informed if needed

We expect all of our athletes to follow this code of conduct. If any athlete behaves in a way which contradicts this, we'll involve the adult(s) responsible for the athlete, address the problem straight away and hopefully fix it.

**We have to look after the welfare of our athletes and staff. If you repeatedly break this code of conduct, and don't behave with respect for others, we may need to ask you to leave Catalyst Allstars CIC permanently. This is something we never want to do, and if possible, we will work with you to improve your behaviour before we do this.**