WEST COAST GYMNASTS



Athlete Handbook

Child-friendly Athlete Handbook

Updated October 2026

Welcome Athlete!

Welcome to West Coast Gymnasts. This handbook is designed to help you understand what is expected at training, how to stay safe, and how to get the most out of your time in the gym.

Our Club Values

- **Resilience:** Keep working through challenges and setbacks.
- **Respect:** Treat coaches, teammates, equipment and the gym with care.
- **Integrity:** Make good choices, even when no one is watching.
- **Growth:** Be open to feedback and aim to improve each week.
- **Excellence:** Give your best effort in training and competition.
- **Professional:** Be prepared, use good manners and represent the Club proudly.

Athlete Code of Conduct

As an athlete at West Coast Gymnasts, you will:

- Follow safety rules and listen to your coach.
- Be kind and respectful to everyone.
- Try your best and play fair.
- Look after the gym and its equipment.
- Use phones, photos and social media responsibly.
- Speak to a trusted adult if you feel unsafe, hurt or worried.

If you don't follow the rules: We will listen, talk about what happened and help you make things right. A parent or guardian may be contacted if needed.

Coach Code of Conduct

Coaches at West Coast Gymnasts will:

- Keep athletes safe and put their wellbeing first.
- Be kind, fair and respectful to everyone.
- Give clear instructions and helpful feedback.
- Explain spotting or physical help before doing it.
- Listen when an athlete feels hurt, unsafe or worried.
- Follow Club rules and report safety concerns.

If a coach does not follow the rules: The Club will listen, check what happened and take fair action to keep everyone safe.

Safety and Wellbeing

Your safety and wellbeing are always important. If something feels unsafe, uncomfortable or not right, speak to a coach, staff member or trusted adult. You will be listened to and supported.

- You have the right to feel safe and respected.
- You have the right to ask questions and speak up.
- You have the right to be included and supported.
- Bullying, harassment, unsafe behaviour and disrespect are not acceptable.



Training Expectations

- Enter the gym floor only when your coach asks you to.
- Follow instructions the first time and listen during demonstrations.
- Move safely around the gym and stay aware of other athletes. No running unless told to!
- Wear suitable training clothes, tie your hair up, and remove jewellery.
- Use equipment correctly and only with coach permission.
- Show positive behaviour — no bullying, teasing, swearing or disrespect.

Coming to Training

- Arrive on time and be ready for warm-up.
- Bring a water bottle and any training items you need.
- Keep bags and belongings stored neatly.
- Let your coach know if you are late, need to leave early, or are not feeling your best.
- Stay inside the gym until your parent or guardian collects you.

Effort, Focus and Attitude

Gymnastics takes patience, focus and courage. Some skills may feel difficult before they feel easier. Progress comes from listening carefully, applying feedback, staying consistent and giving each turn your best effort.

Injuries and Illness

- Tell your coach straight away if something hurts or does not feel right.
- If you are injured, your coach may adjust your training so you can work safely.
- If you are unwell, stay home, rest and return when you are ready.
- Never hide pain or injury to avoid missing a turn or session.

Photos and Videos



Phones are not permitted on the gym floor without permission from a coach or someone in charge. Do not film or photograph other athletes without permission. Respect everyone's privacy.

Progression and Goals

Skills are learned step by step. Coaches will help you progress when you can show safe technique, strength, control, flexibility and confidence.

Everyone develops at a different pace, so focus on your own goals and improvement.

Teamwork and Sportsmanship

- Encourage your teammates and celebrate their progress.
- Be respectful in training, at competitions and online.
- Win with humility and lose with maturity.
- Avoid comparing yourself to others — focus on your own effort, goals and growth.

Questions or Concerns

If you are unsure about a rule, skill, training expectation or safety concern, speak to your coach before or after class. You can also talk to a staff member at the front desk or a trusted adult.

